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All-Sports Competition..... 2

Boys Baseball ..... 3

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

Girls Basketball ..... 14

Girls Cross Country ..... 15

Girls Golf ..... 16

Girls Gymnastics ..... 17

Girls Soccer ..... 18

Girls Softball ..... 19

Girls Tennis ..... 20

Girls Track and Field ..... 21

Girls Volleyball ..... 22

2691-961



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### 1996 - 97 --- 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	1	6	4	5	3	2	---
G Cross Country	3	6	4	5	2	1	---
G Tennis	1	6	3	4	2	5	---
G Golf	4	5	2	3	6	1	---
B Football	3	4	1	6	2	5	---
G Volleyball	1.5	3	4	1.5	5	6	---
B Soccer	---	3	4	5	2	1	---
B Basketball	1.5	6	4.5	3	1.5	4.5	---
G Basketball	5	4	6	2	1	3	---
G Gymnastics	3	2	1	4	---	---	---
B Wrestling	6	1	3	2	5	4	---
B Baseball	3	6	5	1.5	4	1.5	---
G Softball	6	4	5	3	2	1	---
B Track	1	4	6	5	3	2	---
G Track	3	4	6	2	1	5	---
B Golf	1	5.5	5.5	2	4	3	---
B Tennis	1	6	5	4	3	2	---
<b><u>Overall Points</u></b>	<b><u>44.0</u></b>	<b><u>75.5</u></b>	<b><u>69.0</u></b>	<b><u>58.0</u></b>	<b><u>46.5</u></b>	<b><u>47.0</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>6</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>3</u></b>	<b><u>5</u></b>	<b><u>4</u></b>	<b><u>---</u></b>



1996-97--BOYS BASEBALL



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MVC Standings

Table with columns: School, Wins, Losses. Rows: Central (9, 0), Logan (6, 3), Sparta (5, 4), Holmen (5, 4), Tomah (1, 8), Onalaska (1, 8)

All-Conference

First Team All-Conference

Table listing players and their schools: Matt West (Central), Robbie Kauffman (Central), Eric Servais (Central), Mike Slater (Central), Matt Kloss (Central), Josh Gates (Logan), Eric Check (Logan), Eric Jones (Sparta), Josh Dummer (Holmen), Brennen Mulroy (Onalaska), Jeremy Haldemen (Tomah)

Second Team All-Conference

Table listing players and their schools: Todd Hall (Central), Chris Nelson (Central), Tom Hutchens (Logan), Brent Graumann (Logan), Ryan Reiber (Logan), David Day (Sparta), Ryan Mashak (Holmen), Nick McHugh (Holmen), Josh Antoni (Holmen), Phil Connelly (Onalaska), Brian Cram (Tomah)

Honorable Mention

Table listing players and their schools: Tim Alberts (Central), Jeff Tylka (Logan), Greg Jandt (Sparta), Matt Kline (Holmen), Tim Sheffer (Holmen), Jason Bott (Onalaska), Brendan Ingenthron (Tomah)

Player of the Year

Table listing players and their schools: Josh Gates (Logan), Matt West (Central)

Individual Statistics--Batting

(Minimum 20 AB)

Table with columns: NAME, SCHOOL, AB, 1st, 2nd, 3rd, HR, Walk, Run, Avg. Rows: Josh Gates (Logan), Tom Hutchens (Logan), Eric Check (Logan), Ryan Reiber (Logan)

Individual Statistics--Pitching

(Minimum 30 innings pitched)

Table with columns: NAME, SCHOOL, W, L, IP, ERA. Rows: Josh Gates (Logan), R Blum (Logan)

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



1996-97--BOYS BASKETBALL

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**MVC Standings**

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

**Individual Statistics**

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

**All-Conference**

**First Team All-Conference**

- Josh Gates ..... Logan
- Keith Schaub ..... Central
- Brad Plueger ..... Tomah
- Mark VonHayden ..... Tomah
- Jason Bott ..... Onalaska

**Second Team All-Conference**

- Jeff Tylka ..... Logan
- Mike Brudos ..... Central
- Matt Kloss ..... Central
- Todd Pierce ..... Tomah
- Brett Johnson ..... Onalaska
- Tony DeGaetano ..... Onalaska

**Honorable Mention**

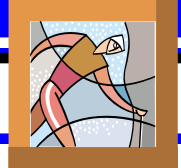
- Todd Hall ..... Central
- Greg Jandt ..... Sparta
- Tim Sheffer ..... Holmen
- Josh Antoni ..... Holmen
- Brennen Mulroy ..... Onalaska

**Player of the Year**

- Josh Gates ..... Logan

**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	



# 1996-97 Boy's Cross Country

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## 1996: Logan Host @ Myrick Park

Central .....	27
Onalaska .....	58
Logan .....	93
Sparta .....	96
Tomah .....	128
Holmen .....	134

Individual Champion .. 5000 Meters  
 Thomas Hammes, Sparta ..... 16:24

## All-Conference

### First Team All-Conference

Thomas Hammes .....	16:24	....	Sparta
Chris Byrnes .....	16:34	..	Central
Jared Leverhaus .....	16:36	..	Central
Keachen Abing .....	16:48		Onalaska
Ryan Callan .....	16:57	..	Central
Tony Ferries .....	17:00		Onalaska
David Cade .....	17:03	..	Central

### Second Team All-Conference

John O'Bryant .....	17:04	....	Logan
Paul Craig .....	17:04	....	Sparta
Jake Hastad .....	17:05	..	Central
Sean Bell .....	17:08	.	Holmen
Andy Dyar .....	17:09	..	Central
Rob McGarry .....	17:10		Onalaska
Adam Ford .....	17:11	..	Central

### Honorable Mention

Mike Kabat .....	17:14		Onalaska
Levi Severson .....	17:20	...	Tomah
Jay Snider .....	17:27	....	Logan
Chris Cogbill .....	17:30	..	Central
Jay Wells .....	17:33	....	Sparta
Wade Polodna .....	17:51	.	Holmen

### Runner of the Year

Thomas Hammes ..... Sparta



1996-97--BOYS FOOTBALL



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MVC Standings

Table with 3 columns: School, Wins, Losses. Rows include Onalaska, Tomah, Central, Holmen, Sparta, Logan.

All-Conference

Offense All-Conference

Ends: Chris Smith (Tomah), Tim Trailer (Onalaska)

Tackles

Erick Schmuck (Onalaska), Ryan Heller (Central)

Guards

Jared Lehman (Onalaska), Paul Rose (Tomah)

Center

Matt Batesky (Onalaska)

Quarterback

Brad Plueger (Tomah)

Running Backs

Robin Finco (Onalaska), Matt Angerhfer (Tomah), Chris Behrens (Sparta)

All-Conference

Offense 2nd Team All-Conference

Ends

Matt Kloss (Central), brendan Dwyer (Onalaska)

Tackles

Justin Zantow (Holmen), Kevin Ewing (Tomah)

Guards

Matt Robinson (Central), Mark Byom (Holmen)

Center

Joe Prots (Tomah)

Quarterback

Cullen Haskins (Onalaska), Todd Hall (Central)

Running Backs

Jeremiah Shaver (Logan), Adam Frost (Central), Josh Dummer (Holmen)

All-Conference

Defense All-Conference

Ends

Chris Behrens (Sparta), Ryan Betcher (Tomah)

Linemen

Tim Trailer (Onalaska), Nick Griepentrog (Tomah)

Linebackers

Erich Wetzel (Logan), Josh Dummer (Holmen), Robin Finco (Onalaska), Neil Betts (Tomah)

Defensive Backs

Brendan Dwyer (Onalaska), Brock Brown (Tomah), Matt Kloss (Central)

All-Conference

Defense 2nd Team All-Conference

Ends

Erick Smith (Holmen), Ben Johnson (Onalaska)

Linemen

Matt Robinson (Central), Rob Campbell (Holmen)

Linebackers

Adam Frost (Central), Josh Hart (Onalaska), Greg Jandt (Sparta)

Defensive Backs

Brett Johnson (Onalaska), Tim Sheffer (Holmen), Kurt Chapman (Tomah)

All Conference

Specialists

Punter and Kicker

Brian Morris (Onalaska)

Kick and Punt Returner

Tim Sheffer (Holmen)

Lineman of the Year

Paul Rose (Tomah)

Offensive Player of the Year

Robin Finco (Onalaska)

Defensive Player of the year

Josh Dummer (Holmen), Neil Betts (Tomah)

All-Conference

Honorable Mention

Mark VonHaden (TE, Tomah), Mike Wilson (WR, Holmen), Tony DeGaetano (DB, Onalaska), Dan Lamb (DL, Sparta), Travis Abicht (RB/DB, Logan), Matt West (RB/DE, Central)

Individual Statistics

Kickoff Returns

Table with 5 columns: Name, Sc, No., Avg., TD's. Rows for Chris Behrens, Matt Henthorne, Craig Erickson.

Punt Returns

Table with 5 columns: Name, Sc, No., Avg., TD's. Rows 1-6.

Interceptions

Table with 5 columns: Name, Sc, No., Yards, TD's. Rows for Matt Henthorne, Ben Berendes.

Punting

Table with 5 columns: Name, Sc, No., Avg., Long. Row for Erik Jones.



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### Individual Statistics--Passing

Name	School	Att	Comp	Yards	TD's	Int's.
1 Nick Larson	Sparta	34	10	135	1	
2 Erik Jones	Sparta	6	4	129	1	
3 Craig Erickson	Sparta	35	13	106	2	
4						
5						
6						
7						
8						
9						
10						

### Individual Statistics--Rushing

Name	School	Att	Yards	TD's	Long
1 Chris Behrens	Sparta	118	531		
2 Dan Lamb	Sparta	32	146		
3					
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	12	103	2	
2 Brent Seamans	Sparta	7	164	2	
3 Greg Jandt	Sparta	5	102	0	
4 Chris Behrens	Sparta	2	31	0	
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 Erik Jones	Sparta	2	0	5	1	0	18
2 Chris Behrens	Sparta	2	0	0	0	0	12
3 Brent Seamans	Sparta	2	0	0	0	0	12
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.	42	186	662	3.6		77	27	35.1	415	4	12	1077
	Def.	100	198	996	5.0		60	31	51.7	521	3	2	1517
Tomah	Off.												
	Def.												
Aquinas	Off.												
	Def.												



# 1996-97 BOY'S GOLF

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## MVC Standings

### 1996:

Central .....	64
Logan .....	64
Sparta .....	58
Tomah .....	50
Onalaska .....	39
Holmen .....	19

## All-Conference

### First Team All-Conference

Mark Aspenson .....	76.50	..	Central
Brad Neuville .....	66.40	..	Central
Kurt Pfaff .....	60.00	....	Sparta
Mike Mahlum .....	57.00	....	Logan
Erik leverenz .....	56.40	....	Logan

### Second Team All-Conference

Eric Ranger .....	37.10	....	Logan
Jairus Houston .....	36.40	...	Tomah
Matt Peterson .....	35.20	....	Onalaska
Mark VonHaden .....	32.20	...	Tomah
Jared Nelson .....	30.50	.	Holmen

### Honorable Mention

Patrick Geary .....	Logan
Greg Shuda .....	Onalaska
B.J. kemp .....	Sparta
Justin Varner .....	Central
B.J. Puttkammer .....	Tomah
Brad Booth .....	Holmen

### Player of the Year

Mark Aspenson .....	Central
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**1996-97 Boys HOCKEY**



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Boys Hockey begins during the 1998 - 99 Season



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## MVC Standings

Onalaska .....	8-0
Logan .....	6-2
Central .....	3-5
Sparta .....	3-5
Tomah .....	0-8

## All-Conference

### First Team All-Conference

Mike Baranowski . G .....	12 ..	Onalaska
Brian Young .....	D .....	12 .. Onalaska
John Bernfell .....	D .....	12 .. Onalaska
Pat Telford .....	D .....	12 ..... Tomah
Colin Yahnke .....	D .....	12 ..... Sparta
Dan Larson .....	M .....	12 ..... Central
Hjalte KristianssonM .....	11 .....	Logan
Nich Wochos .....	M .....	11 ..... Logan
Rodney Weiss .....	M .....	12 ..... Logan
Kong Lor .....	F .....	12 .. Onalaska
Zac Wormer .....	F .....	11 ..... Sparta

### Second Team All-Conference

Ryan Schlegel .....	G .....	11 ..... Logan
Jeff Olson .....	D .....	12 .. Onalaska
Matt Thompson ...	D .....	11 .. Onalaska
Justin Dohms .....	D .....	12 ..... Central
Paul Gasch .....	D .....	11 ..... Logan
Mike Brudos .....	M .....	12 ..... Central
Justin Carlisle .....	M .....	12 ..... Sparta
Travis Smith .....	M .....	11 ..... Tomah
Ge Vang .....	F .....	11 ..... Logan
Mike Walsko .....	F .....	11 .. Onalaska
Allen Horton .....	F .....	12 .. Onalaska

### Honorable Mention

Ben Gholson .....	10 .....	Central
John Grau .....	10 .....	Central
Zach Anderson .....	12 .....	Tomah
Greg Gyllander .....	12 .....	Logan
Nate Hagg .....	12 .....	Sparta
Joe Broeckert .....	11 ..	Onalaska

### Player of the Year



# 1996-97 Boys TENNIS

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## MVC Standings

### Total Points--Season

School	Reg+Tourn Pts
Central	.....
Logan	.....
Onalaska	.....
Sparta	.....
Tomah	.....
Holmen	.....

## All-Conference

### First Team All Conference

#### Singles

Adam Levenstein	.....	Central
Ben Gholson	.....	Central
Eric Witzenburg	.....	Onalaska
Brandon Rehban	.....	Central

#### Doubles

Mick Roesler	.....	Logan
Hijalti Kristjansson	.....	Logan
Brian Harris	.....	Central
Chris Jordan	.....	Central
Mike Glamm	.....	Central
Joe Znidarsich	.....	Central

### Second Team All Conference

#### Singles

Joe Broekert	.....	Onalaska
Mick Uss	.....	Onalaska
Peter Straus	.....	Central
Kevin Houlihan	.....	Logan

#### Doubles

Andy Campbell	.....	Central
Bill Coaty	.....	Central
Keith Evenson	.....	Onalaska
Nick Gerlach	.....	Onalaska
Kurt Wiersma	.....	Logan
Peter Tyser	.....	Logan

### Honorable Mention

Andy Tyser	.....	Logan
Marcus Frazee	.....	Sparta
Jake Schroeder	.....	Logan
Jack Sacia	.....	Logan
Tanner Champlin	.....	Tomah



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## MVC Standings

Meet Host: Tomah

Logan .....	137
Onalaska .....	129
Central .....	87
Sparta .....	75
Tomah .....	57
Holmen .....	35

### 100 Meters

1 Jeremiah Shaver . Logan .....	11.16
2 Brian Bennett ..... Sparta .....	11.34
3 Nate Loeffler ..... Onalaska ....	11.56
4 Joe Skemp ..... Logan .....	11.73
5 Andy Brenninger Tomah .....	11.75
6 Ben Johnson ..... Onalaska ....	11.90

### 200 Meters

1 Ken Mack ..... Logan .....	22.50
2 Nate Loeffler ..... Onalaska ....	22.74
3 Brian Bennett ..... Sparta .....	22.88
4 Brent Seamans ... Sparta .....	22.88
5 Jeremiah Shaver . Logan .....	23.30
6 Jeremy Kale ..... Holmen .....	23.39

### 400 Meters

1 Ken Mack ..... Logan .....	49.28
2 Mike Peplinski ... Onalaska ....	51.12
3 Josh Martalock ... Tomah .....	51.62
4 Ben Rogowski .... Logan .....	52.06
5 Jason Kruegger .. Central .....	52.12
6 Doug Connors .... Onalaska ....	52.24

### 800 Meters

1 John O'Bryant .... Logan .....	2:01.53
2 Tony Ferries ..... Onalaska .	2:02.02
3 Keachen Abing .. Onalaska .	2:02.45
4 Jason Krueger ... Central ....	2:02.68
5 Chad Powell ..... Logan .....	2:03.57
6 Karl Neill ..... Onalaska .	2:04.54

### 1600 Meters

1 Thomas Hammes Sparta .....	4:28.14
2 Tony Ferries ..... Onalaska .	4:31.78
3 Keachen Abing .. Onalaska .	4:36.69
4 John O'Bryant .... Logan .....	4:37.32
5 Jake Hastad ..... Central ....	4:42.98
6 Chris Byrnes ..... Central ....	4:44.80

### 3200 Meters

1 Thomas Hammes Sparta .....	9:55.00
2 Jared Leveraus ... Central ....	9:58.26
3 Dave Herrick ..... Onalaska 10:01.01	
4 Jay Snider ..... Logan ...	10:06.42
5 Ryan Callan ..... Central ..	10:06.92
6 Mike Kabat ..... Onalaska 10:09.00	

### 110 High Hurdles

1 Nick Zetes ..... Central .....	15.76
2 Joe Myhra ..... Logan .....	15.78
3 Ryan Tuquero .... Holmen .....	15.98
4 Jason Hass ..... Onalaska ....	16.14
5 Wade Austin-Whitehead . Sparta .....	16.50
6 Ross Parke ..... Logan .....	16.90

### 300 Intermediate Hurdles

1 Ryan Tuquero .... Holmen .....	40.55
2 Joe Myhra ..... Logan .....	41.70
3 Nick Zetes ..... Central .....	42.83
4 Rich Giroux ..... Tomah .....	43.31
5 Ross Parke ..... Logan .....	43.72
6 Nick Simpson .... Holmen .....	44.45

### 400 Relay

1 ..... Sparta .....	44.34
2 ..... Logan .....	44.74
3 ..... Onalaska ....	45.33
4 ..... Holmen .....	45.40
5 ..... Tomah .....	44.77

### 1600 Relay

1 ..... Logan .....	3:26.90
2 ..... Onalaska .	3:27.86
3 ..... Holmen ...	3:35.68
4 ..... Sparta .....	3:36.00
5 ..... Tomah ....	3:38.72
6 ..... Central ....	3:41.25

### 3200 Relay

1 ..... Onalaska .	8:15.88
2 ..... Logan .....	8:20.11
3 ..... Central ....	8:37.09
4 ..... Tomah ....	8:39.74
5 ..... Holmen ...	8:43.63

### Pole Vault

1 Jeremy Wolden .. Central .....	12'6"
2 Ricky Anderson . Onalaska ....	12'6"
3 Tom McHenry .... Onalaska ....	12'0"
4 Travis Abicht ..... Logan .....	12'0"
5 Nate Pilarski ..... Onalaska ....	12'0"
6 Ryan Tuquero .... Holmen .....	11'6"

### High Jump

1 Nathan Patros ..... Central .....	6'2"
2 Andrew Lehman Onalaska .....	6'0"
3 Brian Paszek ..... Tomah .....	6'0"
4 Paul Kartman .... Central .....	5'10"
5 Mark Dahlberg ... Central .....	5'10"
6 Ryan Rethwisch . Holmen .....	5'6"

### Long Jump

1 Nate Loeffler ..... Onalaska 20'8 3/4"	
2 Wade Austin-Whitehead . Sparta .....	20'7"
3 Jeremiah Shaver . Logan .. 20'5 1/2"	
4 Ben Johnson ..... Onalaska ..	19'10"
5 Pete Fritz ..... Tomah .	19'8 1/4"
6 Larry Peterson .... Holmen .....	19'6"

### Triple Jump

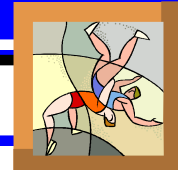
1 Paul Kartman .... Central .....	41'6"
2 Pete Fritz ..... Tomah .	41'0 3/4"
3 Zach Lewis ..... Central 39'11 1/2"	
4 Alexander Gruen Central .	39'7 1/2"
5 Nick Simpson ..... Holmen ....	38'10"
6 Matt Dunn ..... Tomah .	38'8 1/2"

### Shot Put

1 Nick Griepentrog Tomah .....	53'4"
2 James Struble ..... Sparta ..	52'7 1/2"
3 Erich Wetzel ..... Logan ..	52'3 3/4"
4 Erik Von Haden . Tomah 46'11 1/2"	
5 Ryan Virmig ..... Onalaska 45'7 3/4"	
6 Matt Stuessel ..... Sparta ..	44'9 1/4"

### Discus

1 Ben Rogowski .... Logan .....	144'6"
2 Erich Wetzel ..... Logan .....	141'7"
3 Nick Griepentrog Tomah .....	130'4"
4 James Stuble ..... Sparta .....	130'0"
5 Eric Schmuck ..... Onalaska ..	124'6"
6 Ola Lee ..... Logan .....	122'1"



# 1996-97 Boy's WRESTLING

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## MVC Standings

Meet Host: @Tomah

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

### Wrestler of the Year

Tom Campbell ..... 171 ..... Holmen

## All-Conference

### 103 Pounds

- 1 Eric Bloom ..... Tomah
- 2 Lucas Hubert ..... Logan
- 3

### 112 Pounds

- 1 Jason Semann ..... Sparta
- 2 Matt Fitzpatrick ..... Holmen
- 3

### 119 Pounds

- 1 Dan Finch ..... Tomah
- 2 Josh Isensee ..... Sparta
- 3

### 125 Pounds

- 1 Tyler Laudon ..... Tomah
- 2 Ryan Tuquero ..... Holmen
- 3

### 130 Pounds

- 1 Marc Shuman ..... Tomah
- 2 John Peterson ..... Holmen
- 3 B.J Schmitz ..... Sparta

### 135 Pounds

- 1 Paul Yahnke ..... Sparta
- 2 Jordan Burfield ..... Holmen
- 3 Jeff Snider ..... Logan

### 140 Pounds

- 1 Gabe Sallander ..... Holmen
- 2 Matt Henthorne ..... Sparta
- 3 James Jilek ..... Tomah

### 145 Pounds

- 1 Matt West ..... Central
- 2 John Syverson ..... Logan
- 3 Justin Stenberg ..... Holmen

### 152 Pounds

- 1 Rob Wasley ..... Holmen
- 2 Dan Lamb ..... Sparta
- 3

### 160 Pounds

- 1 Adam Frost ..... Central
- 2 Joe Harkner ..... Tomah
- 3 Dave Neuman ..... Central

### 171 Pounds

- 1 Tom Campbell ..... Holmen
- 2 Zach Leclair ..... Logan
- 3 Rick Anderson ..... Onalaska

### 189 Pounds

- 1 Erick Smith ..... Holmen
- 2 Tony Schniepp ..... Logan
- 3

### Heavyweight

- 1 Jarrod Ebert ..... Sparta
- 2 Cory Duerkop ..... Holmen
- 3



1996-97--GIRL'S BASKETBALL

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**MVC Standings**

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

**All-Conference**

**First Team All-Conference**

Kristi Johnson	Holmen
Angie Russell	Central
Jessie Ustby	Onalaska
Krista Davis	Tomah
Megan Humpal	Holmen

**Second Team All-Conference**

Lisa Saluzzi	Logan
Alissa Ogen	Logan
Brenda Miller	Logan
Mandy Harter	Holmen
Sarah Brieske	Central
Ann Thorsen	Tomah

**Honorable Mention**

Jessica Erickson	Logan
Danielle Bendsen	Central
Tiffany Betthauser	Tomah
Shelley Bakken	Onalaska
Abby Childs	Onalaska
Sarah Zielsdorf	Sparta

**Player of the Year**

Kristi Johnson	Holmen
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**Individual Statistics**

NAME	SCHOOL	3 pt FGM FGA	2 pt FGM FGA	1 pt FTM FTA FLS	TOT. RBND	TOT. PTS	AVG
John Evans	Logan	26 53	70 121	35 37 21	77	253	25.3
Rob Busby	Tomah	0 0	68 115	27 46 77	38	163	16.3
Rick Betz	Central	4 13	44 92	36 54 21	54	136	13.6
James Vacek	Holmen	19 38	23 57	27 41 22	24	130	13.0
Mike Pierce	Tomah	2 2	46 112	18 32 36	56	116	11.6
Brian Soller	Logan	0 2	47 74	21 40 23	17	115	11.5
Jeff Fisher	Sparta	7 23	37 94	18 41 27	22	113	11.3
John Dietrich	Onalaska	0 2	44 99	23 41 17	51	111	11.1
Matt Henne	Onalaska	0 0	38 78	33 50 26	46	109	10.9
Cory Vieth	Sparta	4 13	35 84	19 28 31	41	101	10.1
Scott Ferrier	Logan	6 18	32 51	17 24 11	18	99	9.9
Bryan Edwards	Sparta	0 1	37 87	20 29 32	62	94	9.4
Gregg Mueller	Onalaska	1 3	39 80	12 22 27	54	93	9.3
Matt Braund	Holmen	3 8	30 67	23 32 31	41	92	9.2
Mike McArdle	Logan	0 0	34 45	21 28 26	48	89	8.9
Chad Cook	Sparta	1 2	33 67	20 36 17	42	89	8.9
M Tabor	Holmen	0 2	27 49	24 34 17	28	78	7.8
T Manske	Holmen	1 12	25 70	24 36 42	56	77	7.7
Brian Bott	Onalaska	13 36	11 38	12 20 21	27	73	7.3
Mike Boldt	Central	5 20	13 42	27 42 25	44	68	6.8

**Team Statistics**

TEAM	3 pt FGM FGA	2 pt FGM FGA	1 pt FTM FTA	FOULS	TOT. RBND	POINTS FOR	POINTS AGAINST	AVG PTS FOR	AVG PTS AGST
Logan	45 103	269 461	149 227	161	308	822		82.2	
Holmen	25 78	187 425	143 210	188	239	592		59.2	
Tomah	23 72	194 442	96 156	177	248	555		55.5	
Onalaska	21 62	182 415	127 205	152	271	554		55.4	
Sparta	16 49	185 459	126 211	209	272	540		54.0	
Central	15 66	145 372	123 219	159	261	453		45.3	



# 1996-97 GIRL'S CROSS COUNTRY

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## MVC Standings

### 1996: Logan Host @ Myrick Park

Central .....	26
Onalaska .....	59
Logan .....	75
Holmen .....	77
Sparta .....	141
Tomah .....	156

Individual Champion .. 4000 Meters  
 Renee Kujak, Central ..... 15:19

## All-Conference

### First Team All-Conference

Renee Kujak .....	15:19	..	Central
Chrissy Pasell .....	15:25		Onalaska
Wendy Sorenson .....	15:37	..	Central
Jenny Larkin .....	15:45	..	Central
Lynsi Berge .....	15:51	.	Holmen
Anne Haley .....	15:52	....	Logan
Tara Schmitz .....	15:54	.	Holmen

### Second Team All-Conference

Laura Shurtleff .....	15:55	..	Central
Emily King .....	16:02	.	Holmen
Krista Phelps .....	16:03	..	Central
Eilizabeth Brueggen ....	16:15		Onalaska
Nikki Anderson .....	16:22		Onalaska
Esti Katra .....	16:29	..	Central
Teri Serres .....	16:33	....	Logan

### Honorable Mention

Angie Smith .....	Sparta
Lori Weinberg .....	Onalaska
Nikki Berger .....	Logan
Anna Mortenson .....	Tomah
Kati Christnovich .....	Holmen
Kim Schmalz .....	Central

### Player of the Year

Renee Kujak ..... Central



## 1996-97 GIRL'S GOLF

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### MVC Standings

**1996:**

Sparta .....	76
Central .....	68
Holmen .....	58
Onalaska .....	49
Logan .....	23
Tomah .....	20

### All-Conference

**First Team All-Conference ..... Points**

Arminda Yutoc .....	Central ....	98.00
Shannon Carney .....	Central ....	96.00
Lea Hass .....	Sparta .....	88.00
Laura Krumenauer .....	Holmen ...	77.50
Shelley Bakken .....	Onalaska ..	53.50

**Second Team All-Conference . Points**

Emily Nelson .....	Holmen ...	48.80
Emily Nussdorfer .....	Sparta .....	48.00
Laura Adkins .....	Sparta .....	43.50
Amanda Flock .....	Sparta .....	33.00
Rachel Sime .....	Tomah ....	32.00

**Honorable Mention**

Jessica Rickert .....	Sparta
Betsy Jorgenson .....	Onalaska
Erica Thienes .....	Holmen
Joanie Krzykowski ....	Central
Maria Weiss .....	Logan
Amanda Mubarak .....	Tomah

**Player of the Year**

Arminda Yutoc .....	Central
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# 1996-97 GIRL'S GYMNASTICS

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## MVC Standings

### 1996:

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

## All-Conference

### Balance Beam

Kelly Dahlstrom .....	1st..	Onalaska
Robyn Hoffmeister .....	2nd .....	Logan
Danielle Longway .....	HM .	Onalaska

### Vault

Kelly Dahlstrom .....	1st..	Onalaska
Danielle Longway .....	2nd .	Onalaska
Robyn Hoffmeister .....	HM .....	Logan

### Uneven Bars

Kelly Dahlsrom .....	1st..	Onalaska
Danielle Longway .....	2nd .	Onalaska
Kim Conzemius .....	HM .	Onalaska

### Floor Exercise

Kelly Dahlstrom .....	1st..	Onalaska
Robyn Hoffmeister .....	2nd .....	Logan
Danielle Longway .....	HM .	Onalaska

### All-Around

Kelly Dahlstrom .....	1st..	Onalaska
Danielle Longway .....	2nd .	Onalaska
Heidi Mills .....	HM .	Onalaska



**1996-97 GIRL'S SOCCER**



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Girls Soccer begins during the 1997 - 98 Season



1996-97--GIRL'S SOFTBALL



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### MVC Standings

School	Wins	Losses
Holmen		
Logan		
Central		
Onalaska		
Sparta		
Tomah		

### All-Conference

#### First Team All-Conference

Brooke Vian	Sparta
Amanda Craig	Onalaska
Jessie Ustby	Onalaska
Andrea Munson	Central
Sara Brieske	Central
Becky Limberg	Logan
Kalista Coleman	Logan
Alissa Ogen	Logan
Kristi Johnson	Holmen
Tena Grass	Holmen
Emily Nelson	Holmen

#### Second Team All-Conference

Sam Carlson	Central
Jenny Norenberg	Central
Kate Hutson	Central
Sally Henley	Logan
Erin Pederson	Logan
Amy Sorenson	Onalaska
Meredith Magnus	Sparta
Heidi Hoff	Holmen
Joli Fortmann	Holmen
Amanda Melin	Holmen
Heather Larson	Tomah

#### Honorable Mention

Kim Hammes	Central
Samantha Bias	Logan
Amanda Mulvaney	Sparta
Ashley Warner	Sparta
Tara Ender	Holmen
Brandee Britson	Onalaska

#### Player of the Year

Emily Nelson	Holmen
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### Individual Statistics--Batting

(Minimum 20 AB)

NAME	SCHOOL	AB	1st	2nd	3rd	HR	Walk	Run	Avg
Karmen Biermeier	Central	34	18	0	0	0	8	18	.529

### Individual Statistics--Pitching

(Minimum 30 innings pitched)

NAME	SCHOOL	W	L	IP	ERA
Karmen Biermeier	Central	7	2	55	3.25
Lori Thompson	Logan	8	0	65	2.25

### Team Statistics

(Minimum 20 AB)

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



1996-97 GIRL'S TENNIS

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MVC Standings

Regular Season Conference Position

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

Tournament Conference Position

School	Wins	Losses
--------	------	--------

Total Points

School	Total Points
C	

All-Conference

First Team All Conference

Singles

Leah Neuman	.....	Central
Jenny Lee	.....	Central
Sara Wisneski	.....	Central
Michelle Perlmutter	.....	Central

Doubles

Loni Lundsted	.....	Central
Jenny Norenberg	.....	Central
Angie Russell	.....	Central
Katie Jordan	.....	Central
Annie Carmona	.....	Central
Anna Bagnieski	.....	Central

Second Team All Conference

Singles

Angie Zillmer	.....	Tomah
Stacy Boose	.....	Onalaska
Nicole Olson	.....	Onalaska
Arianne Gerwig	.....	Tomah

Doubles

Karen Ritter	.....	Tomah
Alicia Geurkink	.....	Tomah
Nina Thompson	.....	Sparta
Becki Aquino	.....	Sparta
Kris Donskey	.....	Sparta
Amanda Donskey	.....	Sparta

Honorable Mention

Singles

Becky Russell	.....	Tomah
Leah Beres	.....	Onalaska
Erin Cooper	.....	Logan

Doubles

Bethany Kochsiek	.....	Logan
Sarah Ruppel	.....	Logan



1996-97 GIRL'S TRACK & FIELD



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**MVC Standings**  
**Meet Host: @Tomah**  
 Logan ..... 117  
 Tomah ..... 111  
 Central ..... 103  
 Holmen ..... 79  
 Onalaska ..... 75  
 Sparta ..... 40

**100 Meters**

- 1 Amanda Shilling Sparta ..... 12.58
- 2 Erin Liss ..... Onalaska .... 13.05
- 3 Nikki Kuhl ..... Tomah ..... 13.17
- 4 Dawn Krause ..... Central ..... 13.27
- 5 Carly Guy ..... Holmen ..... 13.35
- 6 Kesi Macon ..... Sparta ..... 13.39

**200 Meters**

- 1 Dawn Kruse ..... Central ..... 26.54
- 2 Amanda Shilling Sparta ..... 26.63
- 3 Carly Guy ..... Holmen ..... 27.10
- 4 Amanda Radde ... Holmen ..... 27.22
- 5 Lynsi Berge ..... Holmen ..... 27.36
- 6 Leah Mach ..... Logan ..... 27.68

**400 Meters**

- 1 Amanda Radde ... Holmen ... 0:59.13
- 2 Mackenzie Winchel Tomah 1:00.66
- 3 Angie Smith ..... Sparta ..... 1:02.83
- 4 Lynsi Berge ..... Holmen ... 1:03.36
- 5 Mandy Nicol ..... Tomah .... 1:03.55
- 6 Randi Serres ..... Logan ..... 1:03.73

**800 Meters**

- 1 Chrissy Pasell .... Onalaska . 2:21.65
- 2 Emily King ..... Holmen ... 2:23.37
- 3 Jessica Hulke ..... Logan ..... 2:26.67
- 4 Wendy Sorenson Central .... 2:27.22
- 5 Nicole Howard ... Logan ..... 2:35.85
- 6 Leah Christiansen Tomah ... 2:32.16

**Shot Put**

- 1 Krista Davis ..... Tomah .... 38-7.25
- 2 Melissa Gappa ... Holmen ..... 36-8
- 3 Ann Thorsen ..... Tomah ..... 32-2
- 4 Amber Birner .... Tomah .... 32-0.25
- 5 Korrin Stanek .... Onalaska .... 31-11
- 6 Emily Johnson.... Logan ..... 31-3.25

**1600 Meters**

- 1 Renee Kujak ..... Central .... 5:12.37
- 2 Chrissy Pasell .... Onalaska . 5:19.78
- 3 Wendy Sorenson Central .... 5:22.20
- 4 Jenny Larkin ..... Central .... 5:22.59
- 5 Anne Haley ..... Logan ..... 5:24.47
- 6 Nikki Anderson .. Onalaska . 5:28.65

**3200 Meters**

- 1 Renee Kujak ..... Central .. 11:35.03
- 2 Laura Shurtleff ... Central .. 11:53.28
- 3 Jenny Larkin ..... Central .. 12:00.71
- 4 Nikki Anderson .. Onalaska 12:09.11
- 5 Anne Haley ..... Logan ... 12:13.17
- 6 Tara Guberub .... Holmen . 12:14.28

**400 Relay**

- 1 ..... Tomah ..... 51.13
- 2 ..... Logan ..... 51.68
- 3 ..... Onalaska .... 52.38
- 4 ..... Sparta ..... 52.40
- 5 ..... Central ..... 52.65
- 6 ..... Holmen ..... 53.24

**800 Relay**

- 1 ..... Logan ..... 1:49.44
- 2 ..... Tomah .... 1:50.96
- 3 ..... Holmen ... 1:52.53
- 4 ..... Onalaska . 1:55.03
- 5 ..... Central .... 1:55.14
- 6 ..... Sparta ..... 1:58.08

**1600 Relay**

- 1 ..... Logan ..... 4:05.43
- 2 ..... Holmen ... 4:06.44
- 3 ..... Tomah .... 4:10.09
- 4 ..... Onalaska . 4:23.53
- 5 ..... Sparta ..... 4:27.01
- 6 ..... Central .... 4:28.35

**3200 Relay**

- 1 ..... Logan .. 10:03.57
- 2 ..... Holmen . 10:23.16
- 3 ..... Central .. 10:36.37
- 4 ..... Onalaska 10:59.41
- 5 ..... Sparta ... 11:00.15
- 6 ..... Tomah .. 11:08.36

**100 High Hurdles**

- 1 Katie Myhra ..... Logan ..... 14.89
- 2 Courtney Scheskie Central .... 16.64
- 3 Kesi Macon ..... Sparta ..... 17.00
- 4 Stacey King ..... Tomah ..... 17.28
- 5 jamie Rybold ..... Holmen ..... 17.54
- 6 Alison Steers ..... Onalaska .... 17.96

**300 Low Hurdles**

- 1 Katie Myhra ..... Logan ..... 46.39
- 2 Deb Hanson ..... Logan ..... 47.01
- 3 Dana Levendoski Logan ..... 49.70
- 4 Megan Humpal .. Holmen ..... 49.91
- 5 Courtney Scheskie Central .... 50.83
- 6 Megan Brudos .... Central ..... 51.15

**High Jump**

- 1 Katie Viner ..... Central ..... 5-2
- 2 Anne Marie Curtis Central ..... 5-2
- 3 Betsy Lakowski .. Logan ..... 5-0
- 4 Dawn Myers ..... Tomah ..... 5-0
- 5 Jamie Rybold .... Holmen ..... 4-10
- 6 Betsy Bina ..... Logan ..... 4-10

**Long Jump**

- 1 Dana Levendoski Logan ... 15-11.50
- 2 Amanda Kuecherer Tomah . 15-9.25
- 3 Stacey King ..... Tomah .... 15-8.00
- 4 Jenny Wright ..... Holmen . 14-11.75
- 5 Kim Conzemius . Onalaska 14-10.50
- 6 Rachel Newton ... Onalaska 14-10.25

**Triple Jump**

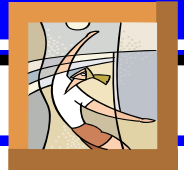
- 1 Kim Conzemius . Onalaska . 33-11.5
- 2 Amanda Kuecherer Tomah ..... 33-9
- 3 Dana Levendoski Logan ..... 33-8
- 4 Rachel Newton ... Onalaska ... 33-4.5
- 5 Anne Marie Curtis Central .... 33-3.5
- 6 Gretchen Passe ... Central ..... 31-9.5

**Discus**

- 1 Krista Davis ..... Tomah ..... 116-5
- 2 Angela Zillmer ... Tomah ..... 112-11
- 3 Emily Johnson .... Logan ..... 107-2
- 4 Korin Stanek ..... Onalaska ..... 99-8
- 5 Ann Thorson ..... Tomah ..... 96-10
- 6 Deb Rengert ..... Sparta ..... 96-4



1996-97--GIRLS VOLLEYBALL



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MVC Standings

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

All-Conference

First Team All-Conference

Laura Benzing	Sparta
Gina Schueler	Tomah
Jessi Fortmann	Holmen
Tiffany Betthausen	Tomah
Merritt Iverson	Logan
Jennifer Fletcher	Onalaska

Second Team All-Conference

Debby Rengert	Sparta
Krista Davis	Tomah
Kristi Johnson	Holmen
Brenda Tauscher4	Logan
Joanna Haese	Onalaska
Sarah McDowell	Central

Honorable Mention

Chrissy Snowberry	Tomah
Erin Pederson	Logan
Amber Liss	Onalaska
Alison Kemp	Sparta
Tamara Larson	Holmen
Danielle Benden	Central

Player of the Year

Laura Benzing	Sparta
Gina Schueler	Tomah

Individual Statistics

Serving Percentage

(Minimum 20 Serves)

NAME	SCHOOL	PERCENT
Karmen Biermeier	Central	

Assists

(Minimum 20 Serves)

NAME	SCHOOL	NUMBER
Karmen Biermeier	Central	

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							