

2005-Present

AMATEUR TEAM OF THE YEAR

2017- Amateur Team of the Year:

- Goodhue Girls Basketball
- Kasson-Mantorville Wrestling*
- Plainview-Elgin-Millville Boys Track and Field
- Rochester Shock 9th Grade AAU Basketball
- Zumbrota-Mazeppa Softball

2016- Amateur Team of the Year:

- Grand Meadow Football
- Zumbrota-Mazeppa Softball*
- Plainview-Elgin-Millville Girls Basketball
- Kason-Mantorville Wrestling
- Rochester Lourdes Football

2015- Amateur Team of the Year:

- Grand Meadow Football*
- Dover-Eyota Girls Basketball
- RCTC Football
- Kasson-Mantorville Softball
- RCTC Volleyball

2014- Amateur Team of the Year:

- Grand Meadow Football
- Chatfield Wrestling
- Rochester Lourdes Football
- Kasson-Mantorville Softball*
- Stewartville Volleyball

2013- Amateur Team of the Year:

- Chatfield Football*
- Fillmore Central Volleyball
- Grand Meadow Football
- Kasson-Mantorville Baseball
- Kasson-Mantorville Wrestling

2012- Amateur Team of the Year:

- Plainview-Elgin-Millville Basketball
- Rochester Lourdes Football
- Grand Meadow Football
- Rochester Lourdes Soccer*
- Lewiston-Altura Girls Golf

2011- Amateur Team of the Year:

- Rochester Mayo Boys Tennis
- Stewartville Volleyball
- RCTC Men's Basketball*
- Rochester Lourdes Boys Basketball
- Kasson-Mantorville Wrestling

2010- Amateur Team of the Year:

- Plainview-Elgin-Millville Boys Basketball
- Rochester Lourdes Girls Tennis
- RCTC Men's Basketball
- Triton Football
- Rochester Lourdes Football*

2009- Amateur Team of the Year:

- Plainview-Elgin-Millville Boys Basketball
- Kasson-Mantorville Football
- RCTC Women's Basketball*
- Rochester John Marshall Girls Basketball
- Plainview-Elgin-Millville Boys Cross Country

2008- Amateur Team of the Year:

- Rochester Mayo Boys Basketball
- Rochester Lourdes Girls Tennis
- RCTC Women's Basketball
- Rochester Century Boys Swimming
- Rochester Mayo Girls Tennis*

2007- Amateur Team of the Year:

- Rochester Mayo Boys Tennis
- Goodhue Football
- RCTC Football*
- Rochester Century Boys Hockey
- Mayo High School Girls Swimming

2006- Amateur Team of the Year:

- Triton Football*
- Rochester Lourdes Girls Tennis
- Rochester Honkers Baseball
- Stewartville Volleyball
- RCTC Men's Basketball

2005- Amateur Team of the Year:

- Plainview-Elgin-Millville Girls Basketball
- Rochester Lourdes Boys Golf
- Rochester Century Boys Hockey
- Rochester Lourdes Girls Tennis*
- Rochester Lourdes Girls Basketball



2005-Present

COACH OF THE YEAR

2017- Coach of the Year:

- Jamie Heidt- Kasson-Mantorville Wrestling
- Josh Wieme- Goodhue Girls Basketball*
- Kevin Nelson- Zumbrota-Mazeppa Softball
- Link Steffen- Zumbrota-Mazeppa Wrestling
- Rager Rager- RCTC Wrestling

2016- Coach of the Year:

- Kevin Nelson- Zumbrota-Mazeppa Softball
- Josh Wieme- Goodhue Girls Basketball
- Mike Kesler- Rochester Lourdes Football*
- Jamie Heidt- Kasson-Mantorville Wrestling
- Brian LaPlante- RCTC Men's Basketball

2015- Coach of the Year:

- Gary Sloan- Grand Meadow Football
- Bill Quistorff- RCTC Football
- Jeff Fague- Kason-Mantorville Softball
- Amber Zitzow-RCTC Volleyball
- Brian Harris- Dover-Eyota Girls Basketball*

2014- Coach of the Year:

- Gary Sloan- Grand Meadow Football
- Joel Viss- Chatfield Wrestling*
- John Dzubay- Stewartville Volleyball
- Amber Zitzow- RCTC Volleyball
- Mike Kesler- Rochester Lourdes Football

2013- Coach of the Year:

- Denise Case- Fillmore Century Volleyball
- Jeff Johnson- Chatfield Football
- Paul Mann & Jamie Heidit- KM Wrestling
- Gary Sloan- Grand Meadow Football*
- Broc Threinen- Kasson-Mantorville Baseball

2012- Coach of the Year:

- Tom Kane- Rochester Lourdes Boys Soccer
- Charro Coleman- Byron Track and Field
- Kirk Thompson- PEM Boys Basketball*
- Mike Kesler- Rochester Lourdes Football
- Gary Sloan- Grand Meadow Football

2011- Coach of the Year:

- Jim Daly- Rochester Lourdes Boys Basketball
- Brian LaPlante- RCTC Men's Basketball*
- Steve Fritz- St. Thomas Men's Basketball
- Jeff Demaray- Rochester Mayo Boys Tennis
- Derrick Hintz- RCTC Football

2010- Coach of the Year:

- Mike Kesler- Rochester Lourdes Football*
- Brian LaPlante- RCTC Men's Basketball
- Jon Vik- Rochester Century Football
- Deb Frederick- Rochester Mayo Volleyball
- Paul Bachman- Rochester John Marshall Swimming

2009- Coach of the Year:

- Kirk Thompson- PEM Boys Basketball
- Steve Hucke- RCTC Women's Basketball*
- Aaron Johnson- SDSU Women's Basketball
- Jane Krier- Byron Volleyball
- Terry Heiderscheidt- Rochester JM Girls Basketball

2008- Coach of the Year:

- Nick Fatis- Rochester Ice Hawks Hockey
- Kevin Rust- Rochester Lourdes Tennis*
- Dale Magnuson- Rochester Century Swimming
- Deb Frederick- Rochester Mayo Volleyball
- Dave Edwards- Rochester Mayo Tennis

2007- Coach of the Year:

- Nick Fatis- Rochester Ice Hawks Hockey
- Jogn Dzubay- Stewartville Volleyball
- Brad LaPlante- RCTC Football*
- Mike Kesler- Rochester Lourdes Football
- Kirk Thompson- PEM Boys Basketball

2006- Coach of the Year:

- Greg Labbe- Rochester Honkers Baseball
- John Dzubay- Stewartville Volleyball
- Kevin Rust- Rochester Lourdes Girls Tennis
- Paul Spafford- Dover-Eyota Boys Basketball
- Tom Murphy- Rochester Lourdes Boys Golf*

2005- Coach of the Year:

- John Dzubay- Stewartville Volleyball
- Myron Glass- Rochester Lourdes Girls Basketball*
- Bill Ihrke- Plainview-Elgin Millville Football
- Kevin Rust- Rochester Lourdes Girls Tennis
- Tom Murphy- Rochester Lourdes Boys Golf



2005-Present

FEMALE ATHLETE OF THE YEAR

2017- Female Athlete of the Year:

- Abby Mueller- John Marshall Gymnastics
- Kara O'Byrne- Stewartville Softball
- Kristin Scott- Kasson-Mantorville Basketball
- Makayla Griffin- Kasson-Mantorville Soccer
- Mara Quam- KW Basketball, Soccer, Volleyball*

2016- Female Athlete of the Year:

- Andrianna Jacobs- Rochester Century Track*
- Jamie Ruden- John Marshall Basketball
- Ashley Olson- Dover-Eyota Soccer, Basketball
- Sam Macken- University of Minnesota Softball
- Morgan Olson- Zumbrota-Mazeppa Softball

2015- Female Athlete of the Year:

- Maddie Damon- Kasson-Mantorville Softball*
- Andrianna Jacobs- Rochester Century Track
- Jessica Aney- Rochester Century Tennis, Hockey
- Carley Miller- Kasson-Mantorville Wrestling
- Brandi Blattner- Dover-Eyota Basketball

2014- Female Athlete of the Year:

- Andrianna Jacobs- Rochester Century Track
- Paige Tapp- University of Minnesota Volleyball*
- Taylor Wiebke- Kasson-Mantorville Track and Field
- Jessica Aney- Rochester Century Tennis, Hockey
- Maddie Damon- Kasson-Mantorville Softball

2013- Female Athlete of the Year:

- Vanessa Anderson- Byron Basketball
- Katie Aney- Rochester Century Tennis, Hockey
- Madison Damon- Kasson-Mantorville Softball
- Andrianna Jacobs- Rochester Century Track
- Dani Wagner- Hayfield Volleyball, Basketball*

2012- Female Athlete of the Year:

- Ashley Hinsch- Zumbrota-Mazzeppaa Basketball
- Jessica Aney- Rochester Century Tennis
- Laurel Ramer- Kasson-Mantorville Soccer*
- Erin Caflisch- Rochester Mayo Swimming
- Sam Macken- Rochester Lourdes Softball

2011- Female Athlete of the Year:

- Ingrid Neel- Rochester Mayo Tennis*
- Jessica Aney- Rochester Century Tennis
- Lauren Luebbe- Rochester Lourdes Basketball
- Taylor Bass- Rochester John Marshall Swimming
- Jordan Price- Byron Golf, Volleyball, Basketball

2010- Female Athlete of the Year:

- Laura Melquist- Rochester Lourdes Basketball
- Kelsey Frechette- Rochester Century Tennis
- Brittney Looker- Rochester Mayo Volleyball
- Julia Hirssig- UW Stout Basketball (Mayo)*
- Jessica Aney- Rochester Century Tennis/Hockey

2009- Female Athlete of the Year:

- Anne Breland- RCTC Women's Basketball
- Rachael Click- Gustavus Adolphus Softball (Mayo)
- Julia Hirssig- UW Stout Basketball (Mayo)
- Mary Grace Flesher- Rochester Mayo Soccer, Hockey
- Maggie McNamara- Concordia St Paul Volleyball-ZM*

2008- Female Athlete of the Year:

- Alexa Palen- Rochester Lourdes Tennis*
- Jenny Shaughnessy- U of M Swimming (JM)
- Steph Brandt- Rochester Century Soccer
- Maggie McNamara- Concordia St Paul Volleyball-ZM
- Anne Breland- RCTC Basketball

2007- Female Athlete of the Year:

- Alexa Palen- Rochester Lourdes Tennis
- Jenny Shaughnessy- U of M Swimming (JM)*
- Lin Gentling- Marathon Runner
- Emily Rogers- Rochester Century Tennis
- Tess Hanson- Rochester Mayo Soccer

2006- Female Athlete of the Year:

- Jenny Shaugnessy- Rochester JM Swimming
- Kristi Boese- Rochester Mayo Basketball*
- Katie Trenerry- Rochester Century Soccer
- Leigh Splittstoesser- Stewartville Basketball
- Molly Noser- Rochester Lourdes Gold and Tennis

2005- Female Athlete of the Year:

- Chelsey Turner- Rochester Lourdes Soccer
- Anne Breland- Rochester Lourdes Basketball
- Jenny Shaugnessy- Rochester JM Swimming
- Karolia Haroldsdottir- Rochester Mayo Basketball
- Katie Ohm- Plainview-Elgin-Millville Basketball*



2005-Present

MALE ATHLETE OF THE YEAR

2017- Male Athlete of the Year:

- Bailee O'Reilly- Goodhue Wrestling
- Brady Berge- Kasson-Mantorville Wrestling*
- Matthew Hurt-Rochester John Marshall Basketball
- Sebastian Vile- Rochester Mayo Tennis
- Tysen Schmidt- Plainview-Elgin-Millville Track

2016- Male Athlete of the Year:

- Brady Berge- Kasson-Mantorville Wrestling*
- Jack Nelson- Winona State Football
- Christophor Bain- Grand Meadow Football
- Zach Liebler- University of Minnesota Gymnastics
- Michael Hurt- Rochester John Marshall Basketball

2015- Male Athlete of the Year:

- Andrew Worden- Kasson-Mantorville Gymnastics
- Nick Rooney- RCTC Football*
- Alex Kapraun- St. Thomas Golf
- Chase Rahman- Plainview-Elgin-Millville Football
- Brady Berge- Kasson-Mantorville Wrestling

2014- Male Athlete of the Year:

- Sam Stoll- Kasson-Mantorville Wrestling
- Brad Mathiowetz-Rochester Mayo Baseball*
- Landon Jacobson- Grand Meadow Football
- Chris Captain- Rochester Century Golf
- Aaron Quandt- Stewartville Football & Basketball

2013- Male Athlete of the Year:

- Sam Stoll- Kasson-Mantorville Wrestling*
- Micah Hegerle- Kasson-Mantorville Track
- Riley Donovan- Kasson-Mantorville Baseball
- Jack Nelson- Byron Basketball/ WSU Football
- Christopher White- SDSU Diving

2012- Male Athlete of the Year:

- Broc Berge- Kasson-Mantorville Wrestling
- Mitch Brown- Rochester Century Baseball*
- Brian Kiel- Rochester Century Swimming
- Jack Nelson- Byron Football, Basketball, Baseball
- Alex Crawford- Rochester Century Football

2011- Male Athlete of the Year:

- Chris Freeman- Rochester Century Swimming
- Cole Olstad- Plainview-Elgin-Millville Basketball
- Alex Kapraun- Rochester Lourdes Golf
- Caleb Leichtnam- RCTC Football*
- Mike Schmitz- Stewartville Wrestling

2010- Male Athlete of the Year:

- Aaron Senne- University of Missouri Baseball(Mayo)
- Ben Kopecky- Rochester Lourdes Tennis
- Isaac Odim- University of MN Duluth Football(Cent)
- Joe Clark- Augustana College Football (Century)
- Adam Lentz- Rochester Lourdes Football*

2009- Male Athlete of the Year:

- Tyler Cain- University of South Dakota Basketball*
- Chris Paradise- Kasson-Mantorville Football
- David Johnson- Winona State Basketball (Hayfield)
- Ben Kopecky- Rochester Lourdes Tennis
- Kendrick Bachman- John Marshall Swimming

2008- Male Athlete of the Year:

- Vince Herring- Swimming
- Jason Rhoten- Minnesota State Wrestling (KM)
- Jordan Hicks- Loyola Basketball (Mayo)
- Aaron Senne- University of Missouri Baseball(Mayo)
- Alex Kangas- U. of Minnesota Hockey (Century)

2007- Male Athlete of the Year:

- Mike Schmitz- Stewartville Wrestling
- Tyler Sherden- Luther College Football (JM)
- Matt Penz- St. Olaf College Football (Mayo)
- Mario Butler- Rochester Mayo Football
- Barret Anderson- UNI Footbal (Mayo)

2006- Male Athlete of the Year:

- Bayode Adafin- Rochester Lourdes Soccer
- Karl Erickson- Rochester Century Track and Field*
- Mike Sherels- Rochester John Marshall Football
- Mike Torchia- Rochester Lourdes Track and Field
- Pete Gilman- Byron Cross Country

2005- Male Athlete of the Year:

- Mike Torchia- Rochester Lourdes Cross Country*
- Dan Lyons- Rochester Century Baseball
- Joe Clark- Rochester Century Football
- Alex Kangas- Rochester Century Hockey
- Travis Meiners- Dover-Eyota Football, Basketball



Award Finalists & Winners 2005-Present

ADAPTIVE ATHLETE/TEAM OF THE YEAR

2017- Adaptive Athlete/Team of the Year:

- Alex Steffl- Rochester Flyers Adaptive Hockey*
- Philip Fritzke- Rochester Flyers Special Olympics
- Rochester Flyers Blue Basketball Team
- Sean Healy- Rochester Raiders Adaptive Hockey
- Shelley Lowery- Rochester Flyers Swimming

2016- Adaptive Athlete/Team of the Year:

- Hannah Hughes- USA Sled Hockey*
- Rochester Raiders
- Alex Steffl- Special Olympics Poly Hockey
- Rochester Flyers
- Rachel Wilmes- Rochester Raiders

2015- Adaptive Athlete/Team of the Year:

- Sean Healy- Rochester Raiders Hockey and Softball
- Rochester Raiders Softball Team
- Alex Steffl- Special Olympics Poly Hockey
- Ricky Ties- Paralympic USA Judo*
- Special Olympics Bocce Ball Team

2014- Adaptive Athlete/Team of the Year:

- Tori Osmundson- Rochester Raiders Hockey
- Matthew Copler- Basketball, Golf, Softball*
- Toriano Dixon- Rochester Raiders Hockey
- Patrick Healy- Rochester Raiders Hockey
- Stephen Guerra- National Beep Baseball

2013- Adaptive Athlete/Team of the Year:

- Toriano Dixon- NJDC Archery/Rochester Raiders
- Patrick Healy- Rochester Raiders
- Conor Jones- Rochester Raiders*
- Rochester Red Raiders- Adaptive Floor Hockey
- Rochester Raiders- Adaptive Softball Team

2012- Adaptive Athlete/Team of the Year:

- SE MN Miracle League Baseball/Softball
- Mitch Ristau- Fillmore Central Football*
- Kathryn Lubahn- Pine Island Track and Field
- Nicole Mock-Rochester Raiders
- Ben Jordan- Rochester Raiders

2011- Adaptive Athlete/Team of the Year:

- SE MN Miracle League Baseball/Softball
- Matthew Copler- Golf and Hockey
- Amy Holty- Swimming
- Zach Thesing- St. Charles Wrestling*
- Andy Brownell- Bowling

2010- Adaptive Athlete/Team of the Year:

- SE MN Miracle League Baseball/Softball
- Matthew Copler- Special Olympics
- Hawk Beaugard- Rochester Raiders
- Nate Sorenson- Rochester Raiders*
- Conor Jones- Rochester Raiders

2009- Adaptive Athlete/Team of the Year:

- SE MN Miracle League Baseball/Softball
- Rochester Shining Stars Cheer Team*
- Maynard Read- Wheelchair Racing
- Rochester Special Olympics Basketball
- Rochester Raiders- Adaptive Floor Hockey

2008- Adaptive Athlete/Team of the Year:

- SE MN Miracle League Baseball/Softball
- Rochester Shining Stars Cheer Team
- Andrew Watts-Rochester Raiders*
- Rochester Special Olympics Basketball Team
- Matthew Copler- Rochester Raiders

2007- Adaptive Athlete/Team of the Year:

- Rochester Shining Stars Cheer Team
- Rusty Hagan- Rochester Raiders*
- Rochester Raiders- Adaptive Floor Hockey
- Deb Stennes- Special Olympics Basketball
- Tom Roberts- Special Olympics

2006- Adaptive Athlete/Team of the Year:

- Anne MacGillivray- Special Olympics
- Deb Vosler- Dover-Eyota Volleyball
- Erikka Giere- Special Olympics*
- Greg & Sue Townsend- Adaptive Baseball
- Matthew Copler- Rochester Raiders



2005-Present

AMATEUR SPORTS ORGANIZATION OF THE YEAR

2017- Amateur Sports Organization of the Year:

- Rochester Community Youth Basketball Association
- Rochester Youth Fastpitch Softball Association*
- Rochester Youth Hockey Association
- Rochester Area Lacrosse
- Rochester Shock- AAU Basketball Club

2016- Amateur Sports Organization of the Year:

- Rochester Youth Baseball Association*
- Rochester Area Lacrosse
- Rochester Youth Fastpitch Softball Association
- Orcas Swim Club
- Rochester Figure Skating Club

2015- Amateur Sports Organization of the Year:

- Rochester Community Youth Basketball Association
- Kiwanis
- Rochester Youth Fastpitch Softball Association
- American Legion Baseball*
- MN Clash Wrestling

2014- Amateur Sports Organization of the Year:

- Rochester Youth Baseball Association
- Med-City Marathon
- Just for Kix
- The Rotary Club of Rochester
- MN USA Wrestling*

2013- Amateur Sports Organization of the Year:

- Rochester Century Girls Track Program
- Rochester Youth Baseball Association
- Rochester Youth Soccer Association
- Rochester Youth Volleyball Association
- Rochester Swim Club Orcas*

2012- Amateur Sports Organization of the Year:

- Rochester Youth Volleyball Association*
- Rochester Swim Club Orcas
- Northland Youth Wrestling Association
- Rochester Youth Hockey Association
- Rochester Youth Football Association

2011- Amateur Sports Organization of the Year:

- Southeast Minnesota Wrestling Coalition
- Rochester Area Lacrosse
- Rochester Swim Club Orcas
- Rochester Figure Skating Club*
- Northland Youth Wrestling

2010- Amateur Sports Organization of the Year:

- Rochester Softball Association
- Rochester Honkers Baseball
- Rochester Area Lacrosse
- Southeast Minnesota Wrestling Coalition*
- Rochester Quarterbacks Club

2009- Amateur Sports Organization of the Year:

- Rochester Ice Hawks
- Rochester Youth Soccer Association
- Rochester Honkers Baseball
- Rochester Orcas Swim Club
- Rochester Community Youth Basketball Association

2008- Amateur Sports Organization of the Year:

- Rochester Ice Hawks Hockey*
- Rochester Youth Soccer Association
- Rochester Royals Baseball
- Rochester Figure Skating Club
- Rochester Track Club

2007- Amateur Sports Organization of the Year:

- Rochester Ice Hawks Hockey
- MN Clash Wrestling
- Rochester Area Disabled Athletics and Recreation
- Rochester Youth Football Association*
- Med-City Marathon

2006- Amateur Sports Organization of the Year:

- Rochester Ice Hawks Hockey
- Rochester Honkers Baseball*
- Rochester Softball Association
- Rochester Youth Hockey Association
- Rochester Youth Soccer Association

2005- Amateur Sports Organization of the Year:

- Rochester Youth Volleyball Association
- Rochester Community Youth Basketball Association
- Rochester Youth Baseball Association*
- Rochester Youth Football Association
- Rochester Youth Hockey Association



Award Finalists & Winners 2005-Present

Additional Awards

Amateur Sports Lifetime Achievement Award

2017- Bill Shaughnessy 2016- Gary Addington 2015- Bob Bardwell 2014- Vince Herring 2013- Carole Shulman 2012- Don Supalla 2011- Chub Stewart 2010- Ken Johannson 2009- Mike Carroll 2008- Bob Brown 2007- Kervin Englehart 2006- Roy Sutherland 2005- Kak and Dewey Johnson

Post-High School Male Athlete of the Year

2017- Derek Wiebke- University of Minnesota

Rochester Sports-Volunteer of the Year Award

2017- Brad Tiedeken and Andy Moore 2016- Keith Bland 2015- Jeff Chida and Brad Thatcher 2014- Mike Gozola Jr. 2013- Brad Anderson and Ellen Youngers 2012- Deb Vosler and Dawn Baudoin 2011- Dave, Deb, Mitch, and Kelli Anderson 2010- Bill Hinchley and Tom Kuisle 2009- Kiswanto Thayib and Becky Macken 2008- Al Chihak and Steve Ihrke 2007- Wayne Lemens and Darla Heikes 2006- Joan Wooner and Bev Bailey

Coaches Lifetime Achievement Award

2017- Don Henderson- Triton Football 2016- Dale Massey- Rochester Mayo Baseball 2015- Jarvis Anderson- PEM Baseball 2014- Myron Glass- Rochester Lourdes GBB, T&F 2013- Joe Mayer- Rochester Lourdes Football 2012- Neil McCormack- Rochester Mayo Golf 2011- Evar Silvernagle- Rochester Swimming 2010- Lorne Grosso- Rochester Mayo Boys Hockey 2009- Doug Hudson- Rochester Lourdes Baseball 2008- Bill Sutter- Goodhue Wrestling

Post-High School Female Athlete of the Year

2017- Sam Macken- University of Minnesota Softball

Rochester Sports-Board Member of the Year

2017- Ann Miksch 2016- Brad Jones 2015- Dan Litzinger 2014- Steve Prigge 2013- Kristine Ihrke 2012- Ron Bastian 2011- Matt Esau 2010- Bob Groettum 2009- Carole Shulman 2008- Kristine Ihrke 2007- Dan Nelson