

# Amateur Sports Organization of the Year

## 2017 Amateur Organization of the Year:

\*Rochester Youth Fastpitch Softball Association

## 2016 Amateur 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 Clubs 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 Association

## 2010 Amateur Sports Organization of the Year:

Rochester Softball Association

Rochester Honkers - Baseball

Rochester Area Lacrosse

#### \*Southeast Minnesota Wrestling Coalition (SEMWREC)

Rochester Quarterbacks Club

#### 2009 Amateur Sports Organization of the Year:

Rochester Ice Hawks

Rochester Youth Soccer Association

Rochester Honkers

Rochester Orcas Swim Club

\*Rochester Community Youth Basketball Assoc.

## 2008 Amateur Sports Organization of the Year:

#### \*Minnesota Ice Hawks - Hockey

Rochester Youth Soccer Association

Rochester Royals - Baseball

Rochester Figure Skating Club

Rochester Track Club

# 2007 Amateur Sports Organization of the Year:

Minnesota Ice Hawks - Hockey

The Clash – National High School Wrestling Duals

Rochester Area Disabled Athletics & Recreation (RADAR)

\*Rochester Youth Football Association

Med-City Marathon

#### 2006 Amateur Sports Organization of the Year:

Minnesota Ice-Hawks - Hockey

\*Rochester Honkers - Baseball

Rochester Softball Association

Rochester Youth Hockey Association

Rochester Youth Soccer Association

## 2005 Youth Sport Organization of the Year:

Rochester Youth Volleyball Association

Rochester Youth Basketball Association

\*Rochester Youth Baseball Association
Rochester Youth Football Association

Rochester Youth Hockey Association



#### Amateur Team of the Year

#### 2019 Amateur Team of the Year:

Stewartville Volleyball

#### \*Lourdes Softball

RCTC Volleyball Lourdes Girls 4x100 Relay St. Charles boys Track & Field

#### 2018 Amateur Team of the Year:

Zumbrota Mazeppa Wrestling

#### \*Lourdes Football

Kasson-Mantorville Volleyball Lourdes Boys Tennis Kasson-Mantorville Wrestling

#### 2017 Amateur Team of the Year:

Zumbrota-Mazeppa Softball PEM Boys Track & Field Goodhue Girls Basketball Shock 9<sup>th</sup> Grade Basketball \*Kasson-Mantorville Wrestling

#### 2016 Amateur Team of the Year:

**Grand Meadow Football** 

## \*Zumbrota-Mazeppa Softball

PEM Girls Basketball Kasson-Mantorville Wrestling 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 Lourdes Football \*Kasson-Mantorville Softball Stewartville Volleyball

## 2013 Amateur Team of the Year:

## \*Gopher Football – Chatfield

Falcons Volleyball – Fillmore Central Superlarks Football – Grand Meadow Komets Baseball – Kasson-Mantorville Komets Wrestling – Kasson-Mantorville

## 2012 Amateur Team of the Year:

Bulldogs Boys Basketball – Plainview-Elgin-Millville Eagles Football – Rochester Lourdes Superlarks Football – Grand Meadow \*Eagles Boys Soccer – Rochester Lourdes Cardinals Girls Golf - Lewiston-Altura

2011 Amateur Team of the Year: Spartans

Boys Tennis – Rochester Mayo Tigers Volleyball

- Stewartville

\*Yellowjackets Men's Basketball - RCTC

Eagles Boys Basketball – Rochester Lourdes Komets Wrestling – Kasson-Mantorville

#### 2010 Amateur Team of the Year:

Bulldogs Boys Basketball - Plainview-Elgin-Millville Eagles Girls Tennis - Rochester Lourdes Yellowjackets Men's Basketball - RCTC Cobras Football - Triton \*Eagles Football - Rochester Lourdes

## 2009 Amateur Team of the Year:

Bulldogs Boys Basketball – Plainview-Elgin-Millville Komets Football – Kasson-Mantorville \*Yellowjackets Women's Basketball – RCTC Rockets Girls Basketball – Rochester JM Bulldogs Boys Cross Country – P-E-M

## 2008 Amateur Team of the Year:

Spartans Boys Basketball – Rochester Mayo Eagles Girls Tennis – Rochester Lourdes Yellowjackets Women's Basketball – RCTC Panthers Boys Swimming – Rochester Century \*Spartans Girls Tennis – Rochester Mayo

#### 2007 Amateur Team of the Year:

Spartans Boys' Tennis – Mayo High School Wildcats Football – Goodhue High School \*Yellowjackets Football – RCTC Panthers Boys' Hockey – Century High School Spartans Girls' Swimming – Mayo High School

## 2006 Amateur Team of the Year:

## \*Cobras Football - Triton High School

Eagles Girls' Tennis – Rochester Lourdes High School Rochester Honkers – Baseball Tigers Volleyball – Stewartville High School Yellowjackets Men's Basketball – RCTC

#### 2005 Amateur Team of the Year:

Bulldogs Girls Basketball – Elgin-Millville Eagles Boys Golf – Rochester Lourdes Panthers Boys Hockey – Rochester Century \*Eagles Girls Tennis – Rochester Lourdes Eagles Girls Basketball – Rochester Lourdes



#### Coach of the Year

#### 2019 Coach of the Year:

Amber Zitzow – RCTC Volleyball **John Dzubay – Stewartville Volleyball** Corlis Hicks – Rochester STEM Fencing Becky Macken – Lourdes Softball Eric Klein – St. Charles Boys Track

#### 2018 Coach of the Year:

Amber Zitzow – RCTC Volleyball Mike Kesler – Lourdes Football Link Steffen – ZM Wrestling \*Jamie Heidt – KM Wrestling Nick Crossley – Century Tennis

#### 2017 Coach of the Year:

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

## 2016 Coach of the Year:

Kevin Nelson – Zumbrota-Mazeppa Softball Josh Wieme – Goodhue Girls Basketball \*Mike Kesler – 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 – Kasson-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 – Lourdes Football

## 2013 Coach of the Year:

Denise Case – Fillmore Century Volleyball Jeff Johnson – Chatfield Football Paul Mann & Jamie Heidt – KM Wrestling \*Gary Sloan – Grand Meadow Football Broc Threinen – KM Baseball

#### 2012 Coach of the Year:

Tom Kane – Rochester Lourdes Boys Soccer Charro Coleman - Byron Track & Field \*Kirk Thompson - PEM Boys Basketball Mike Kesler - 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 JM Swimming

#### 2009 Coach of the Year:

Kirk Thompson – PEM Boys Basketball
\*Steve Hucke – RCTC Women's Basketball Aaron
Johnston – SDSU Women's Basketball Jane Krier –
Byron Volleyball
Terry Heiderscheidt – Roch. JM Girls Basketball

#### 2008 Coach of the Year:

Nick Fatis – MN Ice Hawks Hockey
\*\*Kevin Rust – Lourdes Boys & Girls Tennis
Dale Magnuson – Century Swimming Deb
Frederick – Mayo Girls Volleyball Dave Edwards
– Mayo Girls Tennis

## 2007 Coach of the Year:

Nick Fatis – MN Ice Hawks Hockey John Dzubay – Stewartville Girls' 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 Girls' 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 Girls Volleyball \*Myron Glass – Lourdes Girls Basketball Bill Ihrke – Plainview-Elgin-Millville Football Kevin Rust – Rochester Lourdes Girls Tennis Tom Murphy – Rochester Lourdes Boys Golf



## Female Athlete of the Year

#### 2019 Female Athlete of the Year:

\*Alyssa Ustby - Lourdes Soccer, Basketball & Softball

Kaitlyn Prondzinski – Stewartville Volleyball Lexi Chase – Chatfield Softball Annie Wendt – Mayo Track Emilee Buringa – St. Charles Softball

#### 2018 Female Athlete of the Year:

Taylor Kreitinger – Byron Soccer & Track
Clare Palen/Natalie Allison – Lourdes Tennis
Ayoka Lee – Bryon Basketball, Track & Volleyball
\*Peyton Suess – Kasson-Mantorville Volleyball
Makayla Pahl – Mayo Hockey

#### 2017 Female Athlete of the Year:

Makayla Griffin – Kasson-Mantorville Soccer

\*Mara Quam – Kenyon-Wanamingo Basketball, T&F, Volleyball
Kristin Scott – Kasson-Mantorville Basketball
Kara O'Byrne – Stewartville Softball
Abby Mueller – Rochester JM Gymnastics

## 2016 Female Athlete of the Year: \*Andrianna Jacobs – Century Track, Diving, Gymnastics

Jamie Ruden – John Marshall Basketball Ashley Olson – Dover Eyota Soccer, Basketball, Track Sam Macken –U of M Softball Morgan Olson –Zumbrota-Mazeppa Softball

## 2015 Female Athlete of the Year:

\*Maddie Damon - Kasson-Mantorville Softball

Andrianna Jacobs – Century Track, Diving, Gymnastics Jessica Aney – Century Boys Tennis, Girls Hockey Carley Miller – Kasson-Mantorville Weightlifting Brandi Blattner – Dover-Eyota Basketball

## 2014 Female Athlete of the Year:

Andrianna Jacobs – Century Track, Diving, Gymnastics
\*Paige Tapp – U of M Volleyball
Toylor Wighlia – Kosson Montonvilla – Track and Field

Taylor Wiebke – Kasson-Mantorville Track and Field Jessica Aney – Century Hockey, USA Tennis Maddie Damon – Kasson-Mantorville Softball

## 2013 Female Athlete of the Year:

Vanessa Anderson – Byron Basketball & Softball Katie Aney – Century Tennis, Hockey & Lacrosse Maddison Damon – Kasson-Mantorville Softball Andrianna Jacobs – Century Diving, Gymnastics, T&F \*Dani Wagner – Hayfield Volleyball, Basketball & Softball

## 2012 Female Athlete of the Year:

Ashley Hinsch – Zumbrota-Mazzeppa Basketball, Volleyball Jessica Aney – Rochester Century Tennis, Hockey \*Laurel Ramer – Kasson-Mantorville Soccer
Erin Caflisch – Rochester Mayo/U of M 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/Regis
Basketball Taylor Bass – Rochester JM 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 – Roch. Mayo Soccer/Hockey \*Maggie McNamara – Concordia-St. Paul Volleyball

#### 2008 Female Athlete of the Year:

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

#### 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 Shaughnessy – Rochester JM Swimming \*Kristi Boese – Rochester Mayo Basketball
Kate Trenerry – Rochester Century Soccer
Leigh Splittstoesser – Stewartville Basketball, Volleyball
Molly Noser – Rochester Lourdes Golf & Tennis

#### 2005 Female Athlete of the Year:

Chelsey Turner – Rochester Lourdes Soccer Anne Breland – Rochester Lourdes Basketball Jenny Shaughnessy – Rochester JM Girls' Swimming Karolina Haroldsdottir – Mayo Basketball, Soccer, Track \*Katie Ohm – Elgin-Millville Basketball



#### Male Athlete of the Year

# 2019 Male Athlete of the Year: \*Patrick Kennedy – KM Wrestling

Jack Fisher – Century Football, Basketball & Track Jeron Matson – Kenyon-Wanamingo Wrestling Tyler Ryan – Kenyon-Wanamingo Wrestling Matthew Hurt – John Marshall Basketball

#### 2018 Male Athlete of the Year:

Patrick Kennedy – Kasson-Mantorville Wrestling Barron Holtz – PEM Baseball Reed Davis – Schaeffer Baseball Sebastian Vile – Mayo Tennis \*Matthew hurt – John Marshall Basketball

#### 2017 Male Athlete of the Year:

Tysen Schmidt – PEM Track

\*Brady Berge - Kasson-Mantorville Wrestling

Bailee O'Reilly – Goodhue Wrestling Sebastian Vile – Rochester Mayo Tennis Matthew Hurt – Rochester JM Basketball

## 2016 Male Athlete of the Year:

\*Brady Berge - Kasson-Mantorville Wrestling

Jack Nelson – Winona State Football Christopher Bain – Grand Meadow Football Zach Liebler – U of M Gymnastics Michael Hurt – 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 – PEM Football
Brady Berge – Kasson-Mantorville Wrestling

## 2014 Male Athlete of the Year:

Sam Stoll – Kasson-Mantorville Wrestling
\*Brad Mathiowetz – Mayo Baseball
Landon Jacobson – Grand Meadow Football
Chris Captain – Century/Gustavus Golf

Aaron Quandt – Stewartville Football & Basketball

## 2013 Male Athlete of the Year:

\*Sam Stoll – Kasson-Mantorville Wrestling

Micah Hegerle – KM/U of M Track & Field Riley Donovan – KM Baseball/USD Football Jack T. 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/Purdue Swimming
Jack T. Nelson – Byron Football, Basketball, Baseball

Alex Crawford - Rochester Century Football

#### 2011 Male Athlete of the Year:

Chris Freeman – Rochester Century Swimming Cole Olstad - PEM Basketball
Alex Kapraun – Rochester Lourdes/St. Thomas Golf
\*Caleb Leichtnam - RCTC Football
Mike Schmitz - Stewartville/UW-Lacrosse Wrestling

#### 2010 Male Athlete of the Year:

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

## 2009 Male Athlete of the Year:

\*Tyler Cain - Univ. of South Dakota Basketball Chris

Paradise – K-M Football, Basketball & Baseball David Johnson – Winona State Basketball (Hayfield) Ben Kopecky – Rochester Lourdes Tennis

Kendrick Bachman - JM/U of WY Swimming (JM)

#### 2008 Male Athlete of the Year:

Vince Herring – Swimming
Jason Rhoten – Minnesota State Univ. Wrestling (K-M)
Jordan Hicks – Loyola Basketball (Mayo)
Aaron Senne – U. 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 Football (Rochester Mayo)

#### 2006 Male Athlete of the Year:

Bayode Adafin – Rochester Lourdes Boys' Soccer
\*Karl Erickson – Rochester Century Boys' Track & Field
Mike Sherels – Rochester JM Football
Mike Torchia – Rochester Lourdes Boys' Track & Field
Pete Gilman – Byron Cross Country – Marathon

#### 2005 Male Athlete of the Year:

\*Mike Torchia – Lourdes Cross Country and Track

Dan Lyons – Rochester Century Baseball Joe Clark – Rochester Century Football Alex Kangas – Rochester Century Hockey Travis Meiners – Dover-Eyota football, basketball and baseball



## Adaptive Athlete/Team of the Year

#### 2019 Adaptive Athlete/Team of the Year:

ZED Zorros Bowling

Steven Casey

Rochester Flyers Football

#### \*Noah Johnson - Rochester Raiders

Rochester Raiders Softball

## 2018 Adaptive Athlete/Team of the Year:

Janet Harner – Rochester Flyers

Blake Hillman - Raiders Softball

\*Alex SteffI - Rochester Flyers

Julian Stacy - Raider Softball

Tony Kasner - Rochester Flyers

## 2017 Adaptive Athlete/Team of the Year:

Sean Healy – Raiders Hockey and Softball

Shelley Lowery – Rochester Flyers

\*Alex Steffl - Rochester Flyers

Philip Fritzke – Flyers Bowling

Rochester Flyers Blue Team

# 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 Raider

## 2015 Adaptive Athlete/Team of the Year:

Sean Healy - Raiders Hockey and Softball

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 - Raiders Hockey and Softball

\* Matthew Copler – Basketball, Golf, Softball

Toriano Dixon – Raiders Hockey and Softball

Patrick Healy – Raiders Hockey and Softball 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

\*Mitch Ristau - Fillmore Central Football

Kathryn Lubahn - Pine Island Track & Field

Nicole Mock - Rochester Raiders

Ben Jordan - Rochester Raiders

#### 2011 Adaptive Athlete/Team of the Year:

SE MN Miracle League - Baseball

Matthew Copler - Golf, Hockey Amy

Holty - Swimming

\*Zach Thesing - St. Charles Wrestling

Andy Brownell - Bowling

## 2010 Adaptive Athlete/Team of the Year: Southeastern 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:

Southeastern 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: Southeastern MN

Miracle League - Softball/Baseball Rochester Shining Stars -

Cheer Team

\*Andrew Watts - Rochester Raiders

Rochester Special Olympics Basketball Team

Matthew Copler - Rochester Raiders, Special Olympics

## 2007 Adaptive Athlete/Team of the Year:

Shining Stars Cheer Team

\*Rusty Hagan – Rochester Raiders

Rochester Raiders - Adaptive Floor Hockey

Deb Stennes - Special Olympics Basketball

Torin 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 - Rochester Youth Adaptive Baseball

Matt Copler - Rochester Raiders



## Amateur Sports Lifetime Achievement Award

## 2019 - Keith Kangas

2018 - Dick Gosse

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 - Kerwin Englehart

2006 - Roy Sutherland

2005 - Kak & Dewey Johnson

## **Coaches Lifetime Achievement Award**

## 2018 - Cy Champa - RCTC Football

2017 - Don Henderson - Triton Football

2016 - Dale Massey - Mayo Baseball

2015 - Jarvis Anderson - PEM Baseball Coach

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:

2019 - Jessie Aney - UNC Tennis

2018 - Nora Holtan - Gustavus Volleyball

2017 - Sam Macken- University of Minnesota Softball

# Post High School Male Athlete of the Year:

2019 - Brett Bradford - Lindsey Wilson Wrestling

2018 - Chris Captain - Gustavus Golf

2017 - Derek Wiebke- University of Minnesota Track & Field

## Youth Team of the Year:

2018 - Rochester Youth Soccer U12 Boys C1 Team