

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Tim Rand, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

Women's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Katie Huntley, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

Football
 Team Champion: Northern State
 Offensive Most Valuable Player: Tyrone Morgan, Northern State
 Defensive Most Valuable Player: Naki Angilau, Northern State
 Glen Galligan Award: Jason Jacobs, Southwest State
 Coach of the Year: Ken Heupel, Northern State

Men's Golf
 Team Champion: Bemidji State
 Player of the Year (Ind. Champion): Ryan Holte, Bemidji State
 Coach of the Year: Don Niskanen, Bemidji State

Women's Golf
 Team Champion: Bemidji State
 Player of the Year (Ind. Champion): Tina Burlingame, Bemidji State
 Coach of the Year: Jim Mergens, Bemidji State

Soccer*
 Team Champion: Winona State
 Most Valuable Player: Jenny Warrick, Minnesota Duluth
 Newcomer of the Year: Minelle LaPolice, Winona State
 Coach of the Year: Jill McCartney, Southwest State
 Tournament Most Valuable Player: Susan Peterson, Winona State

Volleyball
 Team Champion: Minnesota Duluth
 Most Valuable Player: Annie Sitek, Minnesota Duluth
 Defensive Specialist of the Year: Heather Canonico, Minnesota Duluth
 Newcomer of the Year: Becky Hoffmann, Minnesota Duluth
 Coach of the Year: Deb Denbeck, Southwest State

WINTER SPORTS

Men's Basketball
 Team Co-Champion(s): Wayne State & Winona State
 Tournament Champion: Wayne State
 Most Valuable Player: Josh Quigley, Minnesota Duluth
 Newcomer of the Year: Sundance Wicks, Northern State
 Coach of the Year: Greg McDermott, Wayne State
 Tournament Most Valuable Player: Brad Joens, Wayne State

Women's Basketball
 Team Champion: Minnesota Duluth
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Jammie Coyle, Northern State
 Newcomer of the Year: Karen Hochstein, Wayne State
 Coach of the Year: Kelly Kruger, Southwest State
 Tournament Most Valuable Player: Sue Fiero, Minnesota Duluth

Men's Indoor Track & Field
 Team Champions: Bemidji State
 Athlete of the Year: Andy Eggerth, Bemidji State
 Coach of the Year: Craig Hougen, Bemidji State

Women's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Lynne Nacke, Northern State
 Coach of the Year: Sarah Meyer, Minnesota Duluth

Wrestling*
 Team Champion: Moorhead State
 Wrestler of the Year: Tom Grafstrom, Moorhead State
 Coach of the Year: John Sterner, Moorhead State
 Wrestler of the Meet: Tom Grafstrom, Moorhead State

SPRING SPORTS

Baseball
 Team Champion: Winona State
 Tournament Champion: Winona State
 Player of the Year: Travis Zick, Winona State
 Pitcher of the Year: Brady Borner, Wayne State
 Newcomer of the Year: Travis Anderson, Concordia-St. Paul
 Coach of the Year: Gary Grob, Winona State
 Tournament Most Valuable Player: Nick Altavilla, Winona State
 Tournament Most Valuable Pitcher: Andy Davis, Winona State

Softball*
 Team Champion: Minnesota Duluth
 Player of the Year: Sara Braiedy, Minnesota Duluth
 Pitcher of the Year: Annie Block, Bemidji State
 Rookie of the Year: Sara Braiedy, Minnesota Duluth
 Coach of the Year: Bill Haller, Minnesota Duluth
 Tournament Most Valuable Player: Lyndsi Harworth, Minnesota Duluth
 Tournament Most Valuable Pitcher: Paige Dopp, Concordia-St. Paul

Men's Tennis
 Team Champion: Minnesota Duluth
 Individual Champion: Mike Lipinski, Winona State
 Coach of the Year: Craig Gordon, Minnesota Duluth

Women's Tennis
 Team Champion: Minnesota Duluth
 Player of the Year (Ind. Champion): Kelly Schenck, Winona State
 Coach of the Year: Heather Hietala, Minnesota Duluth

Men's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Erik Hanson, Minnesota Duluth
 Coach of the Year: Bill Hudspeth, Minnesota Duluth

Women's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Co-Athletes of the Year: Aaron Clark, Moorhead State
 Lynne Nacke, Northern State
 Sarah Meyer, Minnesota Duluth

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Bill Revering, Minnesota Duluth
 Coach of the Year: Jim Fuller, Northern State

Women's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Tammy Stang, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

Football
 Team Champion: Winona State
 Offensive Most Valuable Player: Tyrone Morgan, Northern State
 Defensive Most Valuable Player: James Mages, Minnesota-Crookston
 Glen Galligan Award: Andrew Fleischman, Concordia-St. Paul
 Coach of the Year: Tom Sawyer, Winona State

Men's Golf
 Team Champion: Bemidji State
 Player of the Year (Ind. Champion): Dan Wenner, Winona State
 Coach of the Year: Don Niskanen, Bemidji State

Women's Golf
 Team Champion: Southwest State
 Player of the Year (Ind. Champion): Erika Ochs, Winona State
 Coach of the Year: Greg Stemen, Southwest State

Soccer*
 Team Champion: Winona State
 Most Valuable Player: Liz Narten, Winona State
 Newcomer of the Year: Stacey Jacobs, Winona State
 Coach of the Year: Justin Cole, Wayne State
 Tournament Most Valuable Player: Susan Peterson, Winona State

Volleyball
 Team Champion: Minnesota State Moorhead
 Most Valuable Player: Jessica Bruns, MSU Moorhead
 Defensive Specialist of the Year: Brenda Hopkins, Southwest State
 Newcomer of the Year: Mandy Horazdovsky, Concordia-St. Paul
 Coach of the Year: Tammy Blake, MSU Moorhead

WINTER SPORTS

Men's Basketball
 Team Champion: Southwest State
 Tournament Champion: Winona State
 Most Valuable Player: Kyle Schlaak, Winona State
 Defensive Player of the Year: Kyle Schlaak, Winona State
 Newcomer of the Year: Todd Klosterman, Wayne State
 Coach of the Year: Tim Miles, Southwest State
 Tournament Most Valuable Player: Kyle Schlaak, Winona State

Women's Basketball
 Team Champion: Southwest State
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Andrea Schreier, Southwest State
 Defensive Player of the Year: Shelli Schoeneck, Southwest State
 Newcomer of the Year: Jessica Forsline, Minnesota-Crookston
 Coach of the Year: Kelly Kruger, Southwest State
 Tournament Most Valuable Player: Kate Madrinich, Minnesota Duluth

Men's Indoor Track & Field
 Team Co-Champions: Minnesota State Moorhead
 Northern State
 Athlete of the Year: Eric Longhenry, Northern State
 Coach of the Year: James Williams, MSU Moorhead

Women's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Kaneisha Hunter, MSU Moorhead
 Coach of the Year: Sarah Meyer, Minnesota Duluth

Wrestling
 Team Champion: Southwest State
 Wrestler of the Year: Travis Nagel, MSU Moorhead
 Coach of the Year: John K. Sterner, Southwest State
 Wrestler of the Meet: Travis Nagel, MSU Moorhead

SPRING SPORTS

Baseball
 Team Champion: Winona State
 Tournament Champion: Wayne State
 Player of the Year: Matt Tiggas, Southwest State
 Pitcher of the Year: Brady Borner, Wayne State
 Newcomer of the Year: Mike Negen, Southwest State
 Coach of the Year: John Manganaro, Wayne State
 Tournament Most Valuable Player: Gary Redden, Wayne State
 Tournament Most Valuable Pitcher: Brady Borner, Wayne State

Softball*
 Team Champion: Concordia-St. Paul
 Player of the Year: Sara Braiedy, Minnesota Duluth
 Pitcher of the Year: Cyndy Schubbe, Winona State
 Rookie of the Year: Megs Kotlarz, Winona State
 Coach of the Year: Tom Rubbelke, Concordia-St. Paul
 Tournament Most Valuable Player: Sara Braiedy, Minnesota Duluth
 Tournament Most Valuable Pitcher: Paige Dopp, Concordia-St. Paul

Women's Tennis
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Kelly Schenck, Winona State
 Coach of the Year: Jeff Prondzinski, Winona State

Men's Outdoor Track & Field
 Team Champion: Minnesota State Moorhead
 Athlete of the Year: Dan Frette, Bemidji State
 Coach of the Year: James Williams, MSU Moorhead

Women's Outdoor Track & Field
 Team Champion: University of Minnesota-Duluth
 Athlete of the Year: Nichole Hall, Northern State
 Coach of the Year: Craig Hougen, Bemidji State

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Brett Carroll, Minnesota Duluth
 Coach of the Year: Jonathon Breitbarth, Concordia-St. Paul

Women's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Tammy Stang, Minnesota Duluth
 Coach of the Year: Neal Mundahl, Winona State

Football
 Team Champion: Winona State
 Offensive Most Valuable Player: Eddie Acosta, Bemidji State
 Defensive Most Valuable Player: Kevin Westbrook, Minnesota Duluth
 Glen Galligan Award: Steven Brandt, Minnesota-Crookston
 Offensive Newcomer of the Year: Joseph Mapson, Concordia-St. Paul
 Defensive Newcomer of the Year: Adam Long, Wayne State
 Coach of the Year: Tom Sawyer, Winona State

Men's Golf
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Paul Martin, Minnesota-Morris
 Coach of the Year: Mark Bambenek, Winona State

Women's Golf
 Team Champion: Southwest State
 Player of the Year (Ind. Champion): Laura Lundbohm, Southwest State
 Coach of the Year: Greg Stemen, Southwest State

Soccer*
 Team Champion: Minnesota Duluth
 Most Valuable Player: Kristie Gordy, Northern State
 Newcomer of the Year: Kelly Peterson, Northern State
 Coach of the Year: Steve Kehm, Northern State
 Tournament Most Valuable Player: Jenny Warrick, Minnesota Duluth

Volleyball
 Team Co-Champion(s): Southwest State
 Wayne State
 Most Valuable Player: Becky Hoffmann, Minnesota Duluth
 Defensive Specialist of the Year: Brenda Hopkins, Southwest State
 Newcomer of the Year: Tia Lindberg, MSU Moorhead
 Coach of the Year: Deb Denbeck, Southwest State

WINTER SPORTS

Men's Basketball
 Team Co-Champions: Minnesota Duluth
 Northern State
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Brad Hansen, Northern State
 Defensive Player of the Year: Jake Nettleton, Minnesota Duluth
 Newcomer of the Year: Charles Hanks, Bemidji State
 Coach of the Year: Don Meyer, Northern State
 Tournament Most Valuable Player: Jason Schneeweis, Minnesota Duluth

Women's Basketball
 Team Champion: Southwest State
 Tournament Champion: Southwest State
 Most Valuable Player: Jessica Forsline, Minnesota-Crookston
 Defensive Player of the Year: Nicole Reisner, Winona State
 Newcomer of the Year: Jennifer Pozzani, Concordia-St. Paul
 Coach of the Year: Mike Curfman, Minnesota-Crookston
 Tournament Most Valuable Player: Shelli Schoeneck, Southwest State

Men's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Aaron Feia, Bemidji State
 Coach of the Year: Bill Hudspith, Minnesota Duluth

Women's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: LeAnne Ehrich, Northern State
 Coach of the Year: John Fulkrod, Minnesota Duluth

Wrestling
 Team Champion: Northern State
 Wrestler of the Year: Ryan Kopiasz, MSU Moorhead
 Rookie of the Year: Aaron Erickson, MSU Moorhead
 Coach of the Year: Patrick Timm, Northern State
 Wrestler of the Meet: Scott Larson, MSU Moorhead

SPRING SPORTS

Baseball*
 Team Champion: Southwest State
 Player of the Year: Nate Olson, Bemidji State
 Pitcher of the Year: Pat O'Brien, Southwest State
 Newcomer of the Year: Joe Korneta, Minnesota Duluth
 Coach of the Year: Jim Grimm, Bemidji State
 Tournament Most Valuable Player: Travis Irwin, Southwest State
 Tournament Most Valuable Pitcher: Travis McCarter, Wayne State

Softball
 Team Champion: Minnesota Duluth
 Tournament Champion: Minnesota Duluth
 Player of the Year: Kristi Andersen, Winona State
 Pitcher of the Year: Cyndy Schubbe, Winona State
 Rookie of the Year: Jill Struck, Minnesota Duluth
 Coach of the Year: Bill Haller, Minnesota Duluth
 Tournament Most Valuable Player: Lyndsi Harworth, Minnesota Duluth
 Tournament Most Valuable Pitcher: Leanne Hotop, Minnesota Duluth

Women's Tennis
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Karen Darveaux, Winona State
 Coach of the Year: Gary Harris, MSU Moorhead

Men's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Brett Carroll, Minnesota Duluth
 Coach of the Year: Bill Hudspith, Minnesota Duluth

Women's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Heather Hamilton, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Nathan Beerling, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

Women's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Emily Shoop, Concordia-St. Paul
 Coach of the Year: John Fulkrod, Minnesota Duluth

Football
 Team Champion: Minnesota Duluth
 Offensive Most Valuable Player: Rick Fritz, Minnesota Duluth
 Defensive Most Valuable Player: Deric Sieck, Winona State
 Glen Galligan Award: Bruce Carpenter, Winona State
 Offensive Newcomer of the Year: James McNear III, Concordia-St. Paul
 Defensive Newcomer of the Year: Jason Carson, Northern State
 Coach of the Year: Bob Nielson, Minnesota Duluth

Men's Golf
 Team Champion: Minnesota-Crookston
 Player of the Year (Ind. Champion): Branden Schwartz, Minnesota-Crookston
 Coach of the Year: Jason Tanquist, Minnesota-Crookston

Women's Golf
 Team Champion: Southwest State
 Player of the Year (Ind. Champion): Laura Lundbohm, Southwest State
 Coach of the Year: Robert Newberry, Winona State

Soccer
 Team Champion: Minnesota Duluth
 Tournament Champion: Winona State
 Most Valuable Player: Beth Bell, Winona State
 Newcomer of the Year: Amy Budish, Winona State
 Coach of the Year: Rollie Bullock, Wayne State
 Tournament Most Valuable Player: Kristin Ruhsam, Winona State

Volleyball
 Team Champion: Minnesota Duluth
 Most Valuable Player: Becky Kukowski, Minnesota Duluth
 Defensive Specialist of the Year: Christy Lind, Minnesota Duluth
 Newcomer of the Year: Cailin Terhaar, Concordia-St. Paul
 Libero of the Year: Allison Boddy, Winona State
 Coach of the Year: Jim Boos, Minnesota Duluth

WINTER SPORTS

Men's Basketball
 Team Champion: Northern State
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Jason Schneeweis, Minnesota Duluth
 Defensive Player of the Year: Jimmy Dekker, Southwest State
 Newcomer of the Year: David Zellmann, Winona State
 Coach of the Year: Don Meyer, Northern State
 Tournament Most Valuable Player: Dusty Decker, Minnesota Duluth

Women's Basketball
 Team Champion: Minnesota Duluth
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Kim Toewe, Minnesota Duluth
 Defensive Player of the Year: Dodie Martin, Wayne State
 Newcomer of the Year: Lindsey Dietz, Minnesota Duluth
 Coach of the Year: Karla Nelson, MSU Moorhead
 Tournament Most Valuable Player: Lindsey Dietz, Minnesota Duluth

Men's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Chris Nulle, MSU Moorhead
 Coach of the Year: Bill Hudspith, Minnesota Duluth

Women's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Emily Shoop, Concordia-St. Paul
 Coach of the Year: Keith Barnier, MSU Moorhead

Wrestling
 Team Champion: Minnesota State Moorhead
 Wrestler of the Year: Jared Cooley, Southwest State
 Rookie of the Year: Jason Hill, Northern State
 Coach of the Year: John Sterner, MSU Moorhead
 Wrestler of the Meet: Dante Lewis, Minnesota-Morris

SPRING SPORTS

Baseball*
 Team Co-Champions: Concordia-St. Paul
 Wayne State
 Player of the Year: Tim Battaglia, Minnesota Duluth
 Pitcher of the Year: Travis McCarter, Wayne State
 Newcomer of the Year: Matt Borman, Concordia-St. Paul
 Coach of the Year: Scott Hanna, Minnesota Duluth
 Tournament Most Valuable Player: Brian Foy, Wayne State
 Tournament Most Valuable Pitcher: Matt Borman, Concordia-St. Paul

Softball
 Team Co-Champions: Minnesota Duluth
 Winona State
 Tournament Champion: Winona State
 Player of the Year: Kari Webers, Winona State
 Pitcher of the Year: Michelle Simmonds, Minnesota Duluth
 Rookie of the Year: Kristen Schmidt, Concordia-St. Paul
 Coach of the Year: Greg Jones, Winona State
 Tournament Most Valuable Player: Kristin Noble, Winona State
 Tournament Most Valuable Pitcher: Stephanie Fritch, Winona State

Women's Tennis
 Team Co-Champions: Minnesota Duluth
 Winona State
 Player of the Year (Ind. Champion): Karen Darveaux, Winona State
 Coach of the Year: Dan Doyle, Minnesota Duluth

Men's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Eric Longhenry, Northern State
 Coach of the Year: Bill Hudspith, Minnesota Duluth

Women's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Andrea Vake, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Rob Winterfeld, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

Women's Cross Country
 Team Champion: Minnesota Duluth
 Individual Champion: Sara Frederickson, Minnesota Duluth
 Coach of the Year: Neal Mundahl, Winona State

Football
 Team Champion: Winona State, Concordia-St. Paul
 Offensive Most Valuable Player: James McNear, Concordia-St. Paul
 Defensive Most Valuable Player: Deric Sieck, Winona State
 Glen Galligan Award: Tim Battaglia, Minnesota Duluth
 Offensive Newcomer of the Year: Toby Korrodi, Northern State
 Defensive Newcomer of the Year: Steve Espinoza, Northern State
 Coach of the Year: Shannon Currier, Concordia-St. Paul

Men's Golf
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Bob Gander, Winona State
 Coach of the Year: Mark Bambeneck, Winona State

Women's Golf
 Team Champion: SW Minnesota State
 Player of the Year (Ind. Champion): Laura Lundbohm, Southwest State
 Coach of the Year: Tracie Bents, MSU Moorhead

Soccer
 Team Champion: Minnesota Duluth
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Kristin Ruhsam, Winona State
 Newcomer of the Year: Melissa Gamble, Northern State
 Coach of the Year: Greg Cane, Minnesota Duluth
 Tournament Most Valuable Player: Cathy Wallace, Minnesota Duluth

Volleyball
 Team Champion: Concordia-St. Paul
 Most Valuable Player: Callie Zwettler, Minnesota Duluth
 Defensive Specialist of the Year: Chelsea Meierotto, Minnesota Duluth
 Newcomer of the Year: Nicole Martin, Minnesota-Crookston
 Libero of the Year: Monica Inge, Northern State
 Coach of the Year: Brady Starkey, Concordia-St. Paul

WINTER SPORTS

Men's Basketball
 Team Champion: Bemidji State
 Tournament Champion: Northern State
 Most Valuable Player: Charles Hanks, Bemidji State
 Defensive Player of the Year: John Hopf, Winona State
 Steve Smiley, Northern State
 Newcomer of the Year: James Roberson, Bemidji State
 Coach of the Year: Jeff Guiot, Bemidji State
 Tournament Most Valuable Player: Steve Smiley, Northern State

Women's Basketball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Minnesota Duluth
 Most Valuable Player: Lindsey Dietz, Minnesota Duluth
 Defensive Player of the Year: Jennifer Pozzani, Concordia-St. Paul
 Newcomer of the Year: Maggie Gernbacher, Bemidji State
 Coach of the Year: Mike Power, Bemidji State
 Tournament Most Valuable Player: Tanysha Scott, Minnesota Duluth

Men's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Micah Arnold, Northern State
 Coach of the Year: Bill Hudspeth, Minnesota Duluth
 Marlon Brink, Wayne State

Women's Indoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Jenny Cuculi, Winona State
 Coach of the Year: Keith Barnier, MSU Moorhead

Wrestling
 Team Champion: MSU Moorhead
 Wrestler of the Year: Baron Blanchard, Northern State
 Rookie of the Year: Shawn Plumley, SW Minnesota State
 Coach of the Year: Keenan Spiess, MSU Moorhead

SPRING SPORTS

Baseball*
 Team Champion: Wayne State
 Player of the Year: Deacon Burns, Northern State
 Tim Richt, Wayne State
 Pitcher of the Year: Nate Miller, Wayne State
 Newcomer of the Year: Jon Schemmel, Concordia-St. Paul
 Coach of the Year: Kyle Pooch, Winona State
 Tournament Most Valuable Player: Brian Disch, Wayne State
 Tournament Most Valuable Pitcher: Nate Miller, Wayne State

Softball
 Team Champions: SW Minnesota State
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Shannon Haasser, Minnesota Duluth
 Pitcher of the Year: Kristin Schmidt, Concordia-St. Paul
 Rookie of the Year: Alicia Nortrom, Concordia-St. Paul
 Coach of the Year: Jason Sobolik, MSU Moorhead

Women's Tennis
 Team Champions: Minnesota Duluth
 Player of the Year (Ind. Champion): Michele Bailey, Winona State
 Coach of the Year: Dan Doyle, Minnesota Duluth

Men's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Micah Arnold, Northern State
 Dan Soldner, Minnesota Duluth
 Coach of the Year: Mark McConeghey, Concordia-St. Paul

Women's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Athlete of the Year: Heather Hamilton, Minnesota Duluth
 Coach of the Year: Kim Blum, Winona State

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: Northern State
 Individual Champion: Matt Scott, Northern State
 Coach of the Year: Eric Hunt, Northern State

Women's Cross Country
 Team Champion: Winona State
 Individual Champion: Amelia Soto, Winona State
 Coach of the Year: Neal Mundahl, Winona State

Football
 Team Champion: Winona State
 Offensive Player of the Year: Chris Samp, Winona State
 Defensive Player of the Year: Jim Stanek, Winona State
 Glen Galligan Award: Blaine Thomas, Bemidji State
 Offensive Newcomer of the Year: Adrian Headen, SW Minnesota State
 Defensive Newcomer of the Year: Roy Kratt, Winona State
 Coach of the Year: Tom Sawyer, Winona State

Men's Golf
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Bret Toftness, Winona State
 Coach of the Year: Mark Bambeneck, Winona State

Women's Golf
 Team Champion: SW Minnesota State
 Player of the Year (Ind. Champion): Jackie Schultz, SW Minnesota State
 Coach of the Year: Matt Higgins, Concordia-St. Paul

Soccer
 Team Champion: Winona State
 Tournament Champion: Winona State
 Players of the Year: Suanne Lampert, Northern State
 Amy Budish, Winona State
 Newcomer of the Year: Joelle Dean, SW Minnesota State
 Coach of the Year: Ali Omar, Winona State
 Tournament Most Valuable Player: Amy Budish, Winona State

Volleyball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Joy Wubben, Concordia-St. Paul
 Newcomers of the Year: Julie Vancura, MSU Moorhead
 Erin Contons, SW Minnesota State
 Libero of the Year: Megan Graham, Concordia-St. Paul
 Coach of the Year: Brady Starkey, Concordia-St. Paul

WINTER SPORTS

Men's Basketball
 Team Champion: Winona State
 Tournament Champion: Northern State
 Player of the Year: Matt Hammer, Northern State
 Def. Player of the Year: Jonte Flowers, Winona State
 Newcomer of the Year: Duane Fields, Bemidji State
 Coach of the Year: Mike Leaf, Winona State
 Tournament Most Valuable Player: Matt Hammer, Northern State

Women's Basketball
 Team Champion: MSU Moorhead
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Michelle Bruns, SW Minnesota State
 Defensive Player of the Year: Jennifer Pozzani, Concordia-St. Paul
 Newcomer of the Year: Noelle Hall, Northern State
 Coach of the Year: Karla Nelson, MSU Moorhead
 Tournament Most Valuable Player: Jennifer Pozzani, Concordia-St. Paul

Men's Indoor Track & Field
 Team Champion: Northern State
 Track Athlete of the Year: James McNear, Concordia-St. Paul
 Field Athlete of the Year: Adam Wilson, Bemidji State
 Newcomer of the Year: Matt Walberg, Northern State
 Coach of the Year: Jim Fuller, Northern State

Women's Indoor Track & Field
 Team Champion: Winona State
 Track Athlete of the Year: Deidra Faber, Winona State
 Field Athlete of the Year: Tanna Walford, Wayne State
 Newcomer of the Year: Ashley Spolarich, Bemidji State
 Coach of the Year: Mason Rebarchek, Winona State

SPRING SPORTS

Baseball*
 Team Champion: Wayne State
 Player of the Year: Colby Pack, SW Minnesota State
 Pitcher of the Year: Nick Schumacher, Wayne State
 Newcomer of the Year: Brian VanDriel, Wayne State
 Coach of the Year: Mark McKenzie, Concordia-St. Paul
 Tournament Most Valuable Player: Nick Schumacher, Wayne State
 Tournament Most Valuable Pitcher: Dustin Jones, Wayne State

Softball
 Team Champion: Winona State
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Sarah Carlson, Winona State
 Pitcher of the Year: Kristin Schmidt, Concordia-St. Paul
 Rookie of the Year: Julie Vancura, MSU Moorhead
 Coach of the Year: Greg Jones, Winona State

Women's Tennis
 Team Champion: Winona State
 Player of the Year: Michele Bailey, Winona State
 Coach of the Year: Sean Kangara, Winona State

Men's Outdoor Track & Field
 Team Champion: Bemidji State
 Track Athletes of the Year: Dane Moreland, MSU Moorhead
 Matt Scott, Northern State
 Field Athlete of the Year: Steve Schrieber, Bemidji State
 Newcomer of the Year: Jonathan Hawks, Bemidji State
 Coach of the Year: Craig Hougen, Bemidji State

Women's Outdoor Track & Field
 Team Champion: Winona State
 Track Athletes of the Year: Christa Pribula, Bemidji State
 Amelia Soto, Winona State
 Field Athlete of the Year: Jessica Trautwein, MSU Moorhead
 Newcomers of the Year: Ashley Spolarich, Bemidji State
 Jessica Devine, Winona State
 Katie Wilson, Wayne State
 Coach of the Year: Keith Barneir, MSU Moorhead

*Team Champion determined by postseason tournament.

2004-05 Award Winners

FALL SPORTS

Men's Cross Country
 Team Champion: Wayne State
 Individual Champion: Dane Moreland, MSU Moorhead
 Coach of the Year: Marlon Brink, Wayne State

Women's Cross Country
 Team Champion: MSU Moorhead
 Individual Champion: Erin Norenberg, Wayne State
 Coach of the Year: Fred Dahnke, MSU Moorhead

Football
 Team Champion: Concordia-St. Paul/Winona State
 Offensive Player of the Year: James McNear, Concordia-St. Paul
 Defensive Player of the Year: John Tackmann, Winona State
 Glen Galligan Award: Nate Sannes, Bemidji State
 Offensive Newcomer of the Year: Tyrone Ruffin, Concordia-St. Paul
 Defensive Newcomer of the Year: Una Lata, Northern State
 Coach of the Year: Mark Mauer, Concordia-St. Paul

Men's Golf
 Team Champion: Winona State
 Player of the Year (Ind. Champion): Troy Merritt, Winona State
 Coach of the Year: Mark Bambeneck, Winona State

Women's Golf
 Team Champion: SW Minnesota State
 Player of the Year (Ind. Champion): Erin Oakland, SW Minnesota State
 Coach of the Year: Ross Webskowski, SW Minnesota State

Soccer
 Team Champion: Winona State
 Tournament Champion: Winona State
 Offensive Player of the Year: Kayla Walters, Winona State
 Defensive Player of the Year: Kari Torgerson, Bemidji State
 Newcomer of the Year: Hila Anderson, MSU Moorhead
 Kayla Borstad, SW Minnesota State
 Coach of the Year: Jim Stone, Bemidji State
 Tournament Most Valuable Player: Kathryn Kramer, Winona State

Volleyball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Jessica Lucia, Concordia-St. Paul
 Newcomers of the Year: Calla Oftedahl, MSU Moorhead
 Libero of the Year: Megan Graham, Concordia-St. Paul
 Laura Dolezal, Wayne State
 Coach of the Year: Terry Culhane, SW Minnesota State
 Scott Kneiff, Wayne State

WINTER SPORTS

Men's Basketball
 Team Champion: Winona State
 Tournament Champion: Winona State
 Player of the Year: David Zellmann, Winona State
 Def. Player of the Year: Jonte Flowers, Winona State
 Newcomer of the Year: Quincy Henderson, Winona State
 Coach of the Year: Mike Leaf, Winona State
 Tournament Most Valuable Player: David Zellmann, Winona State

Women's Basketball
 Team Champion: Wayne State
 Tournament Champion: Wayne State
 Player of the Year: Nicole Gruntorad, Wayne State
 Defensive Player of the Year: Amy Lawson, Bemidji State
 Allison Steffen, Wayne State
 Newcomer of the Year: Sara Leidall, SW Minnesota State
 Coach of the Year: Ryon Williams, Wayne State
 Tournament Most Valuable Player: Nicole Gruntorad, Wayne State

Men's Indoor Track & Field
 Team Champion: Wayne State
 Track Athlete of the Year: Jeremy VanVeen, Northern State
 Field Athlete of the Year: Derik Burgger, MSU Moorhead
 Newcomer of the Year: Joe Remitz, Bemidji State
 Coach of the Year: Marlon Brink, Wayne State

Women's Indoor Track & Field
 Team Champion: Winona State
 Track Athlete of the Year: Erin Oswald, Wayne State
 Field Athlete of the Year: Katie Wilson, Wayne State
 Newcomer of the Year: Jennifer Hensel, MSU Moorhead
 Coach of the Year: Mason Rebarchek, Winona State

SPRING SPORTS

Baseball*
 Team Champion: Wayne State
 Player of the Year: Joe Magee, Winona State
 Pitcher of the Year: Travis Mortimore, Wayne State
 Newcomer of the Year: Ben Barrone, Winona State
 Freshman of the Year: Alex Kubal, Concordia-St. Paul
 Coach of the Year: John Manganaro, Wayne State
 Tournament Most Valuable Player: Scott Bidroski, Wayne State
 Tournament Most Valuable Pitcher: Josh Andersen, Wayne State

Softball
 Team Champion: SW Minnesota State
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Amanda Yurek, Concordia-St. Paul
 Pitcher of the Year: Amanda Johnson, SW Minnesota State
 Rookie of the Year: Amanda Johnson, SW Minnesota State
 Coach of the Year: Shawn Semler, SW Minnesota State

Women's Tennis
 Team Champion: Winona State
 Player of the Year: Michele Bailey, Winona State
 Coach of the Year: Mark Pinski, Winona State

Men's Outdoor Track & Field
 Team Champion: Wayne State
 Track Athletes of the Year: Ben Jansen, Wayne State
 Jake Hamik, Northern State
 JJ Washington, Wayne State
 Field Athlete of the Year: Ben Jansen, Wayne State
 Newcomer of the Year: Marlon Brink, Wayne State
 Coach of the Year: Marlon Brink, Wayne State

Women's Outdoor Track & Field
 Team Champion: MSU Moorhead
 Track Athletes of the Year: Deidra Faber, Winona State
 Field Athlete of the Year: Jessica Trautwein, MSU Moorhead
 Newcomers of the Year: Jennifer Hensel, MSU Moorhead,
 Keith Barnier, MSU Moorhead

*Team Champion determined by postseason tournament.

FALL SPORTS

Men's Cross Country
 Team Champion: MSU Moorhead
 Individual Champion: Jeremiah Herron, Wayne State
 Coach of the Year: Cley Twigg, MSU Moorhead

Women's Cross Country
 Team Champion: Wayne State
 Individual Champion: Tiffany Czarnomska, University of Mary
 Coach of the Year: Marlon Brink, Wayne State

Football
 Team Champion: Bemidji State
 Off. Player of the Year: Zach Molacek, Wayne State
 Def. Player of the Year: John Tackmann, Winona State
 Glen Galligan Award: John Tackmann, Winona state
 Off. Newcomer of the Year: Dustin Long, MSU Moorhead
 Def. Newcomer of the Year: Brad Wolf, SW Minnesota State
 Coach of the Year: Jeff Tesch, Bemidji State

Men's Golf
 Team Champion: Winona State
 Player of the Year: Brady Strangstalien, Winona State
 Coach of the Year: Robert Newberry, Winona State

Women's Golf
 Team Champion: Upper Iowa
 Player of the Year: Morgan Proshek, Winona State
 NSIC Newcomer of the Year: Laura Taylor, Upper Iowa
 NSIC Coach of the Year: Chad Markuson, Upper Iowa

Soccer
 Team Champion: Winona State
 Tournament Champion: University of Mary
 Off. Player of the Year: Holly Sutton, Winona State
 Def. Player of the Year: Christine Beatty, Winona State
 Newcomers of the Year: Amelia Kasten, Winona State
 Co-Coach of the Year: Ali Omar, Winona State
 Joe Alianiello, Concordia-St. Paul
 Jessica Janusz, University of Mary

Volleyball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Jessica Lucia, Concordia-St. Paul
 Newcomers of the Year: Maggie McNamara, Concordia-St. Paul
 Libero of the Year: Laura Dolezal, Wayne State
 Coach of the Year: Brady Starkey, Concordia-St. Paul

WINTER SPORTS

Men's Basketball
 Team Champion: Winona State
 Tournament Champion: Winona State
 Player of the Year: John Smith, Winona State
 Def. Player of the Year: Jonte Flowers, Winona State
 Newcomer of the Year: Bryce Cummings, Minnesota, Crookston
 Jamar Diggs, Wayne State
 Coach of the Year: Mike Leaf, Winona State
 Tournament MVP: John Smith, Winona State

Women's Basketball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Amanda Behnke, Concordia-St. Paul
 Defensive Player of the Year: Mary Schroeder, Concordia-St. Paul
 Co-Freshman of the Year: Andrea Downs, Upper Iowa
 Kayla Rogers, University of Mary
 Paul Fessler, Concordia-St. Paul
 Katie LaViolette, Concordia-St. Paul

Men's Indoor Track & Field
 Team Champion: Wayne State
 Track Athlete of the Year: Jake Hamik, Northern State
 Field Athlete of the Year: Joe Remitz, Bemidji State
 Co-Newcomer of the Year: Kawaskii Bacon, Concordia-St. Paul
 Zac Preble, Bemidji State
 Marlon Brink, Wayne State

Women's Indoor Track & Field
 Team Champion: University of Mary
 Track Athlete of the Year: Kylie Herian, Wayne State
 Field Athlete of the Year: Jennifer Hensel, MSU Moorhead
 Newcomer of the Year: Cassie Blazer, University of Mary
 Coach of the Year: Mike Thorson, University of Mary

Spring Sports

Baseball
 Team Champion: Wayne State
 Tournament Champion: Winona State
 Player of the Year: Ben Barrone, Winona State
 Pitcher of the Year: Matt Borman, Concordia-St. Paul
 Newcomer of the Year: Mike Wendland, Winona State
 Freshman of the Year: Joe Wendte, Wayne State
 Coach of the Year: John Manganaro, Wayne State
 Tournament MVP: Ben Barrone, Winona State
 Tournament MV-Pitcher: Matt O'Brien, Winona State

Softball
 Team Champions: SW Minnesota State
 Winona State
 Tournament Champion: SW Minnesota State
 Player of the Year: Erin Dickhausen, SW Minnesota State
 Pitcher of the Year: Amanda Johnson, SW Minnesota State
 Rookie of the Year: Andrea Brunskill, University of Mary
 Coach of the Year: Shawn Semler, SW Minnesota State

Women's Tennis
 Team Champions: Winona State
 Winona State
 Tournament MVP: Michele Bailey, Winona State
 Coach of the Year: Gary Harris, MSU Moorhead

Men's Outdoor Track & Field
 Team Champion: Wayne State
 Track Athletes of the Year: Jake Hamik, Northern State
 Field Athlete of the Year: Joe Remitz, Bemidji State
 Newcomer of the Year: Zac Preble, Bemidji State
 Coach of the Year: Marlon Brink, Wayne State

Women's Outdoor Track & Field
 Team Champion: University of Mary
 Track Athlete of the Year: Cassie Blazer, University of Mary
 Field Athlete of the Year: Jennifer Hensel, MSU Moorhead
 Newcomers of the Year: Megan Zavorka, Wayne State
 Coach of the Year: Mike Thorson, University of Mary

2006-07 Award Winners

FALL SPORTS

Men's Cross Country	
Team Champion:	MSU Moorhead
Individual Champion:	Nate Preston, Wayne State
Coach of the Year:	Cley Twigg, MSU Moorhead
Women's Cross Country	
Team Champion:	MSU Moorhead
Individual Champion:	Anna Vanwechel, MSU Moorhead
Coach of the Year:	Marlon Brink, Wayne State
Football	
Team Champion:	Winona State
Off. Player of the Year:	Dustin Long, MSU Moorhead
Def. Player of the Year:	Zach Stafford, Bemidji State
Glen Galligan Award:	Tyler Fischer, Southwest Minnesota State
Off. Newcomer of the Year:	Frederick Bruno, Wayne State
Def. Newcomer of the Year:	Darius Davis, Wayne State
Coach of the Year:	Dan McLaughlin, Wayne State
Men's Golf	
Team Champion:	Winona State
Player of the Year:	Brady Strangstalien, Winona State
Coach of the Year:	Robert Newberry, Winona State
Soccer	
Team Champion:	Winona State
Tournament Champion:	University of Mary
Off. Player of the Year:	Holly Sutton, Winona State
Def. Player of the Year:	Kira Wannebo, Northern State
Newcomers of the Year:	Maggie Fedor, Northern State
Co-Coach of the Year:	Steve Kehm, Northern State
Tournament MVP:	Megan Wilson, University of Mary
Volleyball	
Team Champion:	Concordia-St. Paul
Tournament Champion:	Wayne State
Player of the Year:	Erin Contons, Southwest Minnesota St.
Newcomers of the Year:	Emily Palkert, Concordia-St. Paul
Libero of the Year:	Mary Slinger, Concordia-St. Paul
Coach of the Year:	Terry Culhane, Southwest Minnesota St.

WINTER SPORTS

Men's Basketball	
Team Champion:	Winona State
Tournament Champion:	Winona State
Player of the Year:	John Smith, Winona State
Def. Player of the Year:	Jonte Flowers, Winona State
Newcomer of the Year:	Justyn Burgess, MSU Moorhead
	Matt Lesan, Upper Iowa
Coach of the Year:	Mike Leaf, Winona State
Tournament MVP:	John Smith, Winona State
Women's Basketball	
Team Champion:	Concordia-St. Paul
Tournament Champion:	Concordia-St. Paul
Player of the Year:	Amanda Behnke, Concordia-St. Paul
	Katie LaViolette, Concordia-St. Paul
Defensive Player of the Year:	Mary Schroeder, Concordia-St. Paul
Co-Freshman of the Year:	Jodie Boss, Wayne State
	Jamie Zelinsky, Minnesota, Crookston
Coach of the Year:	Paul Fessler, Concordia-St. Paul
Tournament MVP:	Katie LaViolette, Concordia-St. Paul

Men's Indoor Track & Field	
Team Champion:	University of Mary
Track Athlete of the Year:	Jake Hamik, Northern State
Field Athlete of the Year:	Joe Remitz, Bemidji State
Newcomer of the Year:	Tyler Zacher, University of Mary
Coach of the Year:	Mike Thorson, University of Mary

Women's Indoor Track & Field	
Team Champion:	University of Mary
Track Athlete of the Year:	Ashley Roemer, MSU - Moorhead
Field Athlete of the Year:	Sheena Devine, Bemidji State
Newcomer of the Year:	Anna VanWechel, MSU Moorhead
Coach of the Year:	Mike Thorson, University of Mary

Spring Sports

Baseball	
Team Champion:	Wayne State
Tournament Champion:	Concordia-St. Paul
Player of the Year:	Adam Kampsen, Northern State
	Marc Manganaro, Wayne State
Pitcher of the Year:	Nick Schumacher, Wayne State
Newcomer of the Year:	Nick Bidroski, Wayne State
	Jake Poehler, Minnesota, Crookston
Freshman of the Year:	Joe Abellera, Concordia-St. Paul
Coach of the Year:	Mark Danker, Upper Iowa
Tournament MVP:	Brenden Furrow, Concordia-St. Paul
Tournament MV-Pitcher:	Jake Schmidt, Concordia-St. Paul

Women's Golf	
Team Champion:	Upper Iowa
Player of the Year:	Racheal Schmidt, Upper Iowa
NSIC Newcomer of the Year:	Molly Noser, Concordia-St. Paul
NSIC Coach of the Year:	Chad Markuson, Upper Iowa

Softball	
Team Champions:	Southwest Minnesota State
Tournament Champion:	Winona State
Player of the Year:	Erin Dickhausen, Southwest Minnesota St.
Pitcher of the Year:	Amanda Johnson, Southwest Minnesota St.
Rookie of the Year:	Jennifer Radley, Wayne State
Coach of the Year:	Shawn Semler, Southwest Minnesota St.

Women's Tennis	
Team Champions:	Upper Iowa
Tournament Champions:	Winona State
Tournament MVP:	Kali Welu, Bemidji State
Senior of the Year:	Diana Naatz, Southwest Minnesota St.
Freshman of the Year:	Heather Pierce, Winona State
Coach of the Year:	Chad Fenwick, Upper Iowa

Men's Outdoor Track & Field	
Team Champion:	Wayne State
Track Athletes of the Year:	Jake Hamik, Northern State
Field Athlete of the Year:	Joe Remitz, Bemidji State
Newcomer of the Year:	Nate Preston, Wayne State
Coach of the Year:	Marlon Brink, Wayne State

Women's Outdoor Track & Field	
Team Champion:	University of Mary
Track Athlete of the Year:	Kacie Sweep, University of Mary
Field Athlete of the Year:	Ashley Roemer, MSU Moorhead
Newcomers of the Year:	Anna VanWechel, MSU Moorhead
Coach of the Year:	Mike Thorson, University of Mary

FALL SPORTS

Men's Cross Country
 Team Champion: Minnesota State
 Individual Champion: James Krasja, Minnesota State
 Coach of the Year: Mark Schuck, Minnesota State

Women's Cross Country
 Team Champion: Augustana College
 Individual Champion: Morgan Place, Minnesota Duluth
 Coach of the Year: Tracy Hellman, Augustana College

Football
 Overall/North Div. Champion: Minnesota Duluth
 South Div. Champion: Minnesota State
 Off. Player of the Year: Ted Schlafke, Minnesota Duluth
 Def. Player of the Year: Cale Pulczynski, St. Cloud State
 Glen Galligan Award: Tyler Reed, Southwest Minnesota State
 Off. Newcomer of the Year: D.J. Winfield, Minnesota Duluth
 Def. Newcomer of the Year: Bryan Schmid, Minnesota State
 Coach of the Year: Bob Neilsen, Minnesota Duluth

Soccer
 Team Champion: Winona State
 Tournament Champion: Minnesota State
 Off. Player of the Year: Ameilia Kasten, Winona State
 Def. Player of the Year: Heidi Woerle, Winona State
 Newcomers of the Year: Tara Evangelist, St. Cloud State
 Amy Tanaka, University of Mary
 Ali Omar, Winona State
 Laura Leber, Minnesota State

Volleyball
 Team Champion: Concordia-St. Paul
 Tournament Champion: Concordia-St. Paul
 Player of the Year: Maggie McNamara, Concordia-St. Paul
 Freshman of the Year: Devin Diedrich, SMSU
 Libero of the Year: Mary Slinger, Concordia-St. Paul
 Coach of the Year: Brady Starkey, Concordia-St. Paul

WINTER SPORTS

Men's Basketball
 Team Champion: Southwest Minnesota State
 Tournament Champion: St. Cloud State
 Player of the Year: Kevin Ratzsch, Northern State
 Def. Player of the Year: Ryan Krome, SMSU
 Newcomer of the Year: Travis Nelson, Minnesota State
 Freshman of the Year: Cody Schilling, Augustana College
 Coach of the Year: Greg Stemen, SMSU
 Tournament MVP: Taylor Witt, St. Cloud State

Women's Basketball
 Team Champion: Minnesota State
 Tournament Champion: St. Cloud State
 Player of the Year: Heather Johnson, Minnesota State
 Defensive Player of the Year: Jheri Booker, Minnesota Duluth
 Freshman of the Year: Clare Duwelius, Wayne State
 Coach of the Year: Pam Gohl, Minnesota State
 Tournament MVP: Rachel Booth, St. Cloud State

Men's Indoor Track & Field
 Team Champion: Minnesota State
 Track Athlete of the Year: Kawaskii Bacon, Concordia-St. Paul
 Field Athlete of the Year: Derik Brugger, MSU Moorhead
 Newcomer of the Year: Cody Hunt, Northern State
 Coach of the Year: Mark Schuck, Minnesota State

Women's Indoor Track & Field
 Team Champion: Minnesota State
 Track Athlete of the Year: Brittany Henderson, Minnesota State
 Field Athlete of the Year: Katelin Rains, Minnesota State
 Newcomer of the Year: Morgan Place, Minnesota Duluth
 Coach of the Year: Jen Blue, Minnesota State

Wrestling
 Team Champion: Minnesota State
 Wrestler of the Year: Tommy Abbott, Minnesota State
 Rookie of the Year: Tad Merritt, St. Cloud State
 Coach of the Year: Jim Makovsky, Minnesota State

Spring Sports

Baseball
 Team Champion: Wayne State
 Tournament Champion: Minnesota State
 Player of the Year: Joe Wendte, Wayne State
 Pitcher of the Year: Jake Schmidt, Concordia-St. Paul
 Newcomer of the Year: Eric Bond, Wayne State
 Freshman of the Year: Logan Birr, St. Cloud State
 Coach of the Year: John Manganaro, Wayne State
 Tournament MVP: Geno Glynn, Minnesota State

Women's Golf
 Team Champion: Concordia-St. Paul
 Player of the Year: Rochelle Schmidt, Upper Iowa
 NSIC Newcomer of the Year: KC Kane, SMSU
 NSIC Coach of the Year: Matt Higgins, Concordia-St. Paul

Men's Golf
 Team Champion: Minnesota State
 Player of the Year: Mitchell Mackedanz, Bemidji State
 Coach of the Year: Mike Zinni, Minnesota State

Softball
 Team Champions: Southwest Minnesota State
 Tournament Champion: Winona State
 Player of the Year: Amanda Burkhart, SMSU
 Pitcher of the Year: Amanda Johnson, SMSU
 Rookie of the Year: Kayla Lewis, Winona State
 Coach of the Year: Gretta Melsted, Augustana College

Women's Tennis
 Team Champions: St. Cloud State
 Tournament Champions: St. Cloud State
 Player of Year: Marina Bugaenco, Minnesota State
 Senior of the Year: Ananda Ferrari, SMSU
 Freshman of the Year: Kayla Huether, MSU Moorhead
 Coach of the Year: Jerry Anderson, St. Cloud State

Men's Outdoor Track & Field
 Team Champion: Minnesota State
 Track Athletes of the Year: Denise Mokaya, Minnesota State
 Field Athlete of the Year: Zac Preble, Bemidji State
 Newcomer of the Year: Cody Hunt, Northern State
 Coach of the Year: Mark Schuck, Minnesota State

Women's Outdoor Track & Field
 Team Champion: Minnesota Duluth
 Track Athlete of the Year: Liz Paulkie, Minnesota Duluth
 Field Athlete of the Year: Heather Miller, St. Cloud State
 Newcomers of the Year: Morgan Place, Minnesota Duluth
 Coach of the Year: John Fulkrod, Minnesota Duluth

2008-09 Award Winners