



June 2010

WELCOME PLAYERS, COACHES, FAMILIES, AND FASTPITCH FANS,

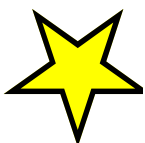
Thank you for being an enthusiastic and critical component of this year's All-Star series. Without all of you, this event could not happen.

Today, you will see 72 outstanding players from across the state of Minnesota. These players represent the best of the class of 2010 and more than 15,000 girls who play Fastpitch softball. Many of these players have earned All-Conference, All-Section, All-State, and All-State Academic awards. Without the involvement of the Minnesota Coaches Association and its member coaches, these awards and this series of games would not be possible.

We are very excited to have this year's tournament at the great Caswell Park Complex. This is a premier fastpitch location and look forward to many years of the showcase at this location. Moreover, this premier and unique event could not happen without a lot of very hard work. First, the players have dedicated themselves to hours of practice and improvement opportunities. They have also played in hundreds of ASA/USA-MSF sponsored summer league games and tournaments. Second, parents and fans have braved all kinds of weather, long road trips and many meals in the car to see their favorite Fastpitch softball players work toward their very ambitious goals. Finally, we need to give special recognition and thanks to the MSF and MFCA for their countless hours of preparation to see that this event is yet another fantastic memory for all involved.

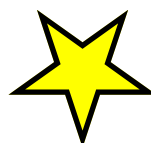
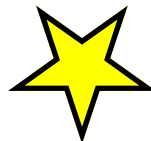
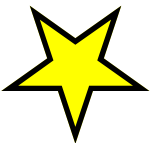
Enjoy the games. Embrace the spirit of competition. Most of all, celebrate the success of all involved.

Sincerely,



Shelly Hotzler, President
Minnesota HS Fastpitch Coaches Association
www.mnhssca.org

Anne Strong
MN ASA
JO Commissioner



Minnesota High School Girls All-Star Softball Series
22nd Anniversary
June 12 - 13, 2010
Caswell Park
North Mankato
1:00PM, 2:45PM, 3:45PM
The All-Star Series: A Showcase of Talent!

The All-Star Softball Series is co-sponsored by the Amateur Softball Association-Minnesota Sports Federation and the Minnesota High School *Fastpitch* Softball Coaches Association to highlight and promote girls' athletics.

The All-Star Series features 72 of the state's best senior softball players and twelve outstanding high school coaches.

The 72 All-Stars are selected from over 15,000 girls who play high school softball in Minnesota. The selections are made by the Minnesota High School *Fastpitch* Softball Coaches Association. The All-Stars are selected to represent all graduating seniors and are recognized as Minnesota's premier softball players.

The All-Star Series includes a breakfast buffet for the players, coaches, umpires, staff and volunteers as well as opening ceremonies, nine games and closing ceremonies. The six teams (Blizzard, Breeze, Ice, Thunder, Heat, Lightning) play a round robin format of nine games at Caswell Park in Mankato the first Sunday following the high school state tournament.

The ASA♦MSF and MFCA awards three scholarships during the All-Star Series. A scholarship is awarded to one 3A All-Star, one 2A All-Star and one 1A All-Star.

The Minnesota Sports Federation is a nonprofit organization conducting amateur sports activities in the state of Minnesota. The MSF serves as the local affiliate of Amateur Softball Association♦USA Softball. The ASA♦USA Softball is recognized by the United States Olympic Committee as the National Governing Body for softball. The ASA♦USA-MSF conducts Junior Olympic summer and fall softball programs.

The All-Star Series has been approved by the National Collegiate Athletic Association. The All-Star rules require all participants to be high school seniors and the All-Stars retain their eligibility for participation in college athletics.

The All-Star Series would not be possible without assistance from ASA♦USA Softball , the Minnesota High School *Fastpitch* Softball Coaches Association and the Minnesota business community.

Thank you to all who have contributed their resources to make the All-Star Series a success!

PROUD SPONSORS

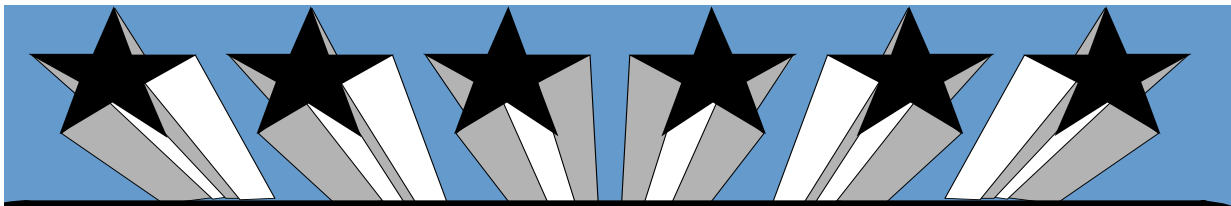


Introduction of 2010 First Pitch Past Fastpitch Player AND Event Personal

Charlie Whitbred Park High School Head Softball Coach

Charlie Whitbred finishes his 28 years as a softball coach with a career record of 525 wins and 165 losses. He was the head coach at Park High School where he led the Wolfpack to 13 Conference titles in 1983, 85, 87, 88, 93, 96, 97, 99, 2001, 2002, 2004, 2007, and 2008. 13 Section titles in 1984, 87, 89, 92, 93, 96, 97, 98, 99, 2001, 2002 and 2004. During this period he also made 13 state tournament appearances and won the state tournament once in 1993. He was the Minnesota Coach of the Year in 1993. He was a physical education teacher. Whitbred also enjoys fishing and spending time with his three grandchildren. He is married to Sandy and they have two children; Charles Jr. and Kate.

Whitbred coached at Park for 28 years compiling a record of 525 wins and 165 losses at his Alma-Mater (Park) including 13 conference championships, 13 Section titles, and 13 state appearances. One state title in 1993, four 2nd place finishes, three 3rd place, one 4th place, and one consolation. On April 19, 2010 Park High School dedicated the Varsity Softball Field and named it the Charlie Whitbred Field. Congratulations Charlie on an outstanding career!



Minnesota Fastpitch Coaches Association members and volunteers, along with the Minnesota Sports Federation ASA♦USA Softball staff assisting in the administration of the All Star Series includes: Shelly Hotzler, John Meier, Kim Bowen, Anne Strong, Steve Ketter, Perry Coonce and Tami Morrison.

The ASA♦USA-MSF umpires for the Softball Series are Tyler Korby, Cloquet; Sue Van Loon, Hermantown; Peggy Tauer, Sleepy Eye; Raquel Bushman, Hutchinson; Darwin Stadlander, Buffalo, Warren Collatt, North Mankato

2010 All-Star Series Hall of Fame Banquet
Presented by the High School Fastpitch Coaches Association and
ASA◆USA Softball
Minnesota Sports Federation
Inductees

Bob Mertz, New Ulm Cathedral

Mertz has coached 31 years at New Ulm Cathedral with a record of 617-112. Sat on numerous committees for the MFCA. Conference Champions 18 times, Sub Section Champions 16 times, Section Champions 10 times, State Academic Champions 1993, State Consolation Champions 1996, State 3rd Place 2004 and 6 State Titles!!

Charlie Whitbred finishes his 28 years as a softball coach with a career record of 525 wins and 165 losses. He was the head coach at Park High School where he led the Wolfpack to 13 Conference titles and 13 Section titles. During this period he also made 13 state tournament appearances and won the state tournament once in 1993. He was the Minnesota Coach of the Year in 1993. He was a physical education teacher. Whitbred also enjoys fishing and spending time with his three grandchildren. He is married to Sandy and they have three children; Charles Jr and Kate.

Heather Evenson, Brooklyn Center

All Conference - 3 times , All Region team - 3 times, All State team -3 times, Star and Tribune feature article – 4/30/92, Star and Tribune player of the week 2 times, Honorable mention -player of the week 2 times Career strike outs 573, Top 40 players (star and tribune and pioneer press) -3 times, State Tournament team 92, State Tournament Consolation winners 92, All star game participant 92, All star - Minnesota / Iowa challenge 92, 2001 – Head Varsity Softball Coach, St. Louis Park High School, 2002-2009 – Head Varsity Softball Coach, Edina High School, Pitching clinician 1993-current.

Jessie Peter, Park of Cottage Grove

Peter played on the varsity team since 8th grade. Park went to state four times, and got 2nd her senior year. She played catcher in 8th grade and then moved to right field in 9th grade and played there for the rest of my high school career. She went on to play two years for MN State - Mankato softball team. Currently, she teach high school mathematics, and has been teaching for three years. She will be moving to Boston at the end of June and will continue to teach math in a middle school setting.

Kristen Schmidt, Park of Cottage Grove

Schmidt works in the Concordia University-St. Paul Athletic department. She wears three hats, serving as an assistant softball coach, athletic facilities assistant and assistant strength & conditioning coach. In her own collegiate career, Schmidt hung up her cleats as the most dominant pitcher to ever sport a Concordia uniform. She reached the 1,000 career strikeout milestone during her senior year as the Golden Bear. She reached the Sweet Sixteen in 2004, 2005 and 2006. She made it to the Elite in 2005. Schmidt became the softball programs 1st- **NFCA** All-American Collegiate Softball Player and the 1st- ESPN Academic All-American.

Brit Stroup, Hopkins

Jen Walter, Wadena





BLIZZARD



Jenelle Trautmann

Hastings/Pitcher

Personal: Parents: Steve and Jolene Brother: Joey

High School Coaches: Head Coach: Dean Robinson Assistant: Heather Novalany

Softball Top 12 List: 4 year letter winner, 3 year varsity starter, All Conference Pitcher, 2007, 2008, All Section Pitcher, 2006 2007, 2008, 2009, MVP 2008, Most Valuable Defensive Player 2007, Most Dedicated Player 2007, Conference Champs 2009, Section Champs 2008, 2009, State Participant 2008, Placed 3rd in state 2009, All State 2009,

Activities/ Honors: The starting varsity pitcher in 8th grade "B" honor roll all 4 years of high school, I worked as a volunteer doing Five years Meals on Wheels, Four Hundred Hours working with mentally challenged kids, Fifty hours physical Therapy

Future Plans: Attend Augustana College –Sioux Fall, South Dakota on a softball scholarship and plans to major in Physical Therapy and Minor in Athletic Training

Booster: Timberland Exteriors Inc, Paul Trautmann



Brittany Brenke

LeSueur-Henderson/2B

Personal: Angie and Ben Wilson, Shawn Brenke Brothers: Dalton and Colton Sisters: Ashley and Aftyn

High School Coaches: Eric Lewis, Asst. Larry Milam and Emily Schaffler

Softball Top 10 List: 4 year letter winner, 4 year Varsity starter, All-Conference 2007, 2008, 2009, 2010, All-Section 2009, All-State 2009, Section Runner-Up 2009

Activities/Honors: 4 year Academic Accomodation, student council, 3 year letter winner in basketball, 2 year letter winner in volleyball, All conference Honorable Mention 2 years, graduated with distinction, member of National honor society, volunteer work

Future Plans: Attend Gustavus Adolphus College and major in athletic training while playing softball

Boosters:



Alyssa McKee

Spring Lake Park/3B

Personal: Parents: Pat and Brenda McKee Siblings: Sister: Samantha

High School Coaches: Head Coach :Lori Lightbody Assistant Coach(es): Dave Lightbody, Brad Larson

Softball Top 10 List: 4 year letter winner, 4 year varsity starter, All Conference 2009, All Section 2009, All State Honorable Mention 2009, Conference Champions 2009, Errorless season 2009, Captain 2010, Conference Champs 2010, 20-0 Regular season 2010

Activities/Honors: 'A' or 'B' honor roll all 4 years, Academic All Conference Tennis 2009, lettered in Tennis past 2 years, graduating with honors, panther mentors past 2 years, world cultures club 2010

Future Plans: Go to St. Kate's to play softball and major in Nursing.

Boosters: Spring Lake Park Softball Association, Spring Lake Park Softball Boosters



Maggie Dunsmore

Burnsville High School/Catcher

Personal: Parents: Tim and Kim Brother: Scott

High School Coaches: Head Coach: Hillary Hansen Assistant: Kate Schwartz and Jen Burke

Softball Top 10 List: 3 year letter winner, 3 year varsity starter, All- conference honorable mention 2009, Captain 2010, Conference champs 2009

Activities/Honors: Student Council, B honor roll student, going to Twins games, hanging with my friends

Future Plans: Attend St. Cloud State University on softball scholarship and plans to major in psychology

Boosters: Burnsville High School Softball Booster Club



Ellen Degler

Chaska High School/SS/Pitcher

Personal: Parents: Gayle and Lois Degler Siblings: Beth, Todd, Wade

High School Coaches: Head Coach: Kristina Trapp Assistant Coach: Gary Meister

Softball Top 10 List: 3 year letter winner, All Section Team 2009, All Conference 2009, 2nd place in Sections 2009, Team's Hottest Hitter 2009, Captain 2010, All State Academic 2010, State AAA Award Winner, Athena Award, CHS Female Athlete of the Year

Activities/Honors: Volleyball: 3 year letter winner, 2 All Conference, All State, Academic All State, All Metro Honorable Mention, Team MVP, Basketball: 3 year letter winner, Captain, 2 All Conference, 4th in State 2009, 3rd in State 2010, All Tournament Team, Academic All State, Team MVP, 4 years on Dean's list (3.98 GPA), 4 years of Band and Orchestra, 3 years of marching band, 4 years of 4H and FFA, 2 years of NHS, 1 year of CAP and FCA

Future Plans: Attend Southwest State University in Marshall, MN playing volleyball and basketball. Ellen plans to major in Secondary Mathematics Education.

Boosters: Chaska High School Booster Club, Chaska Youth Softball Association (CYSA)



BLIZZARD



Chelsey Stang

ROCORIP/CF

Personal: Parents: Kevin and Marcia Stang Sisters: Kayla and Krista Nephew: Logan

High School Coaches: Head Coach: Brain Athmann Assistant Coach(es): Nate Guetter

Softball Top 10 List: 3 year letter winner, 3 year Varsity starter, all-conference honorable mention 2009-2010, most valuable player in 2009, JO state tournament champions in 2009, CLC champions in 2009-2010, softball player of the week in 2010

Activities/Honors: Lettered in volleyball in 08-09, volleyball captain in 2009, volleyball all-conference in 2009, volleyball honorable mention in 2008

Future Plans: Undecided

Boosters: Minnesota Disaster Restoration, Styles Plus, ROCORI Booster Club, Coaches Association, Stang Family



Bailey Bouman

Pipestone Area/P

Personal: Parents: Troy and Shannon Brother: Boyer

High School Coaches: Head Coach: Troy Bouman Assistant Coach: Robert Petersen

Softball Top 10 List: 5 year letter winner, 5 year varsity starter, All Conference: 06, 07, 08, 09, 10 All State: 07 (HM), 08, 09 All State Tournament Team: 08,09, 2006 Class AA State Participant, 2007 Class AA State Champions (17 innings), 2008 Class AA State Runner-up, 2009 Class AA State Third Place,

Activities/Honors: Honor Roll, Peer Helper, Fourth Grade Softball Coach, Lifeguarding and Swimming Lessons, Helping out at Basketball Camps, Basketball 5 year letter winner, State Champions 2007, State Participants 2009, State Fourth-Place Finish 2010, All Conference: 2008, 2009, 2010 All State: 09, 10, 2010 Team MVP, Volleyball 3 year letter winner.

Future Plans: Attend University of Sioux Falls on a Basketball and Softball Scholarship, and major in Exercise Science

Boosters: Pioneer Seeds:JB & Dar Bouman, Priestler Bus Service



Katie Erickson

Elk River/1B

Personal: Keith and Denise Erickson sister :Karen Brothers:Ryan and Greg

High School Coach:Stacey Sheetz Assistant Coach :McKayla Kroll

Softball Top 10 List: 3 year letter winner,3 year Varsity starter, All-Conference 2009,Captain 2010,Most triples 2009,State Champions 2009.,All Conference Honorable Mention 2008,Most Improved Player 2008,

Activities/Honors: Received an Award for Exemplary Leadership in High School Athletics in 2009. Academic Achievement Award all 4 years , Lettered in Hockey 5 years, MGHCA All State Honorable Mention 2009 and 2010. Hockey Captain 2009-10. All Conference in Hockey 2009 and 2010. Most Dedicated 2010. 4th in State 2009. State Participant 2008, Lettered in Tennis 2009. 2nd at state in Tennis 2009, DECA program 2008,

Future Plans: Major in Elementary Education, College undecided.

Boosters: Northwest Diamonds Youth Softball Association, Elk River High School Softball Booster Club



Brooke Woelber

Pipestone Area/ SS

Personal: Parents: Bridget Benz and Tad Woelber: Sisters: Bree, Sarah Brothers: Tyl and Braeden

High School Coaches: Head Coach: Troy Bouman Assistant Coach(es): Robert Petersen

Softball Top 10 List: 4 Year Letter Winner, 2 Year Starter, 2007 Class AA State Champion, 2008 Class AA State Runner Up, 2009 Class AA State 3rd Place, 2009 Class AA All State Tournament Team, All Conference 2009-2010, All Section 2009, Most Improved 2009

Activities/Honors: All State Academic 2009 Volleyball, All State Academic Basketball 2010, 4 Year Letter Winner Basketball,2007 Class AA State Champions, 2009 Class AA State Participant, 2010 Class AA State 4th Place, All Conference Honorable Mention 2010,3 Year Letter Winner Volleyball, All Conference Honorable Mention 2008-2009, Peer Helper, STARS, National Honor Society, Student Council, Senior Class Committee

Future Plans: Attend Augustana College to major in Spanish and Biology

Boosters: NA



Shalee Nelson

Jackson County Central/3B

Personal: Parents: Lyle and Marjorie Brother: Luke

High School Coaches: Head Coach: Shelly Hotzler and Cory Pauling

Softball Top 10 List:4 Varsity Letters, 2009 Offensive Player of the year, 2007 Defensive player of the year, Breaking the Home run career record and single season record, Beating New Ulm to stay alive in playoffs, All Conference as a Freshman, Honorable Mention Conference 2009, Hitting .378 Freshman year, 23 RBI's Freshman Year.

Activities/Honors: A/B Honor Roll, National Honor Society, All Conference Softball, FFA- State Degree

Future Plans: Attend MSU-Mankato-Major in the Medical Field

Boosters: Huskies Fastpitch, H& D Underground



BLIZZARD



Meredith Lee

Houston/Catcher

Personal: Parents: Brian and Kris Lee Sister: Megan Lee

High School Coaches: Head Coach: Pete Peterson Assistants: Randy Oelfke, Dean Sonsalla, Michelle Knutson

Softball Top 10 List: 3 year letter winner, 3 year varsity starter, All-Conference 2008, All-Conference 2009, Captain 2010

Activities/Honors: "A" Honor roll all 4 years, lettered in basketball, volleyball and softball 3 years, volleyball captain 2009



Kirstin Sandstrom

Silver Bay/Shortstop

Personal: Parents: John and LuAnn, Sister: Megan, Brothers: Thomas and Jordan

High School Coaches: Head Coach: Mike Guzzo Assistant: Dave Dettmann

Softball Top 10 List: 6 year letter winner, 3 State Tournament Appearances, All-Section 7A 2006, 2007, 2008, 2009, Minnesota State All-Tournament Team 2009, Academic All-State 2010, Team MVP 2009, 2010, Duluth News Tribune All-Area Team 2009, Polar League All-Conference 2006, 2007, 2008, 2009, 2010

Activities/Honors: Cumulative Grade Point Average 4.0, Student Council President, National Honor Society Officer, Six year letter winner hockey, Four year letter winner softball

Future Plans: Attend Gustavus Adolphus College and play softball while majoring in Chemistry

Boosters: Silver Bay Softball Association



Coaches



Stacey Sheetz has been a softball coach for nine years with a career record of 144-76. She is currently a coach for the Elk River Elks. She has won two section titles, in 2003 and 2009. Sheetz has also been to the state tournament twice and won the state title in 2009. She is thankful to coach softball in the state of Minnesota. She is a physical education teacher. She is married to Chad and they have two children, Jackson and Lainey. Outside of softball, Sheetz enjoys recreational activities. She was introduced to fastpitch at age 11 by Sean Hall. He coached her for seven years at Stillwater in Summer softball. She played for Stillwater HS and won the state championships in 1995 and 1996. From there she went to St Cloud State where she played four years of softball.



McKayla Kroll has been a softball coach for six years, four years with Zimmerman and two years with Elk River. In 2009 she helped lead the Elks to a state tournament appearance and a state tournament win. She is a third grade teacher. She enjoys exercising and gardening. She is originally from Council Bluffs, Iowa and moved to Minnesota to attend college at St. Cloud State. She played four years of softball for the Huskies. She is honored to be coaching with Stacey Sheetz at Elk River.



BREEZE



Jenna Hoffman

Cretin-Derham Hall/SS

Personal: Parents: Mark and Peggy Sisters: Ali, Hattie, Greta

High School Coaches: Head Coach: Steve Williams Assistant Coach: Ellie Roscher

Softball Top 10 List: 4 year Varsity starter, Suburban East All-Conference 2008-2010, Pioneer Press Honorable Mention All State 2009, Attended USA*ASA 16U Nationals 2007-2009 - finished 17th in 2009, 3 time summer State Champion

Activities/Honors: Student Council, National Honor Society, Presidents Honor Roll 2006-2010, 2 year Varsity Basketball starter, Suburban East All Conference in Basketball, Red Cross Club, Feed My Starving Children, CDH Campus Ministry

Future Plans: Attend University of St. Thomas on academic scholarship and plans to major in Business

Boosters: Eagan Fastpitch Association



Elliott Lenz

Lake Crystal Wellcome Memorial/SS/Catcher

Personal: Parents Gaylen and Shari Lenz Siblings: Older Brother Nick Lenz

High School Coaches: Head Coach Kari Schwarz Assistant Coach(es): Billy James and Jerry Rollings

Softball Top 10 List: 3 year letter winner, 3 year Varsity starter, All-Conference 2009, All-Section 2009, Varsity Captain 2010, State Tournament Appearance in 2009 6th place finish.

Activities/Honors: "A" Honor Roll for 4 years, lettered in Girls Basketball 5 years, Girls Basketball Captain '08-10', Basketball All Conference in 2010, lettered in Cross Country 6 years, Cross Country Captain '09, Cross Country Honorable Mention '07-08, Graduating with Honors, Volunteers with the local Community Education program.

Future Plans: Plans to Major in Exercise Science and play softball at the collegiate level.

Boosters: Weggies Bar and Grill, Schwarz Grain Trucking, Hohenstein Farms, Mr. Doug Burns, Campbell Farms, Smith Propane, Lake Crystal Bus



Jordan Schaffer

Hastings/Catcher

Personal: Parents: Karen and Mike Smiley, Sisters: Mackenzie and Olivia

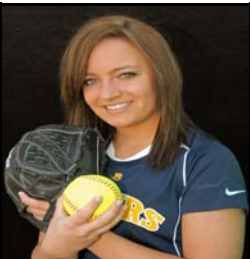
High School Coaches: Head Coach: Dean Robinson Assistant: Heather Novalany

Softball Top 10 List: 5 year Letter Winner, All-State 2009, Team MVP 2009, State 3rd Place 2009, All-Conference 2008 and 2009, Captain 2009 and 2010, All-Section 2008 and 2009, Conference Champs 2009 and 2010, Section Champs 2008 and 2009

Activities/Honors: "A" Honor roll all 4 years, National Honor Society, Varsity Volleyball Manager 4 years, Graduated with honors, Excel Member all 4 years

Future Plans: Attend St. Cloud State University on a softball scholarship and plans to major in Nursing

Boosters: Hastings Youth Athletic Association, Strong Family on and off the field



Brittany Lauterbach

Prior Lake/Pitcher

Personal: Parents: Joel and Kelly, Sister: Jessica

High School Coaches: Co-Head Coaches: Mona Glass and Beth Fuller

Softball Top 10 List: 3 year letter winner and varsity starter, All State 2nd Team 2009, All Section 2008, All Conference 2008 and 2009, 2008 Conference Champion, 2008 Section Runner-Up, 2008 Rookie of the Year, 2-time Hardware Hank Player of the Week, Star Tribune Athlete of the Week

Activities/Honors: lettered in Swimming 4 years, honor roll, Minnesota Irish 18 Gold softball, youth pitching coach

Future Plans: Attend Minnesota State University – Mankato on a softball scholarship and plans to major in Business

Boosters: Laker Athletic Booster Club, Prior Lake Athletics for Youth, Minnesota Irish



Megan Arndt

Hopkins/3B/CF

Personal: Parents: Todd and Laura Arndt Brother: Robby

High School Coaches: Head Coach: Anne Campbell Assistant: Amy Enzler

Softball Top 10 List: 3 year Letter winner, 2010 Conference Honorable Mention, 2010 Captain, Northern National Champions 2007, State Participant 08,09, Conference Champions 07,08,09 Section Champions 08, 09, Hitting a grand slam in the 2009 season, Member of Hopkins Nationally ranked academic team in 08 and 09. Royal Award, JV Captain in 9th grade, Batting average of .260 in the 2010 season

Activities/Honors: Lettered in band, basketball, and softball. Volunteered helping teach reading to kindergarten students, Sang in church choir, Award for outstanding academics while participating in athletics,

Future Plans: Attend Minnesota State University Mankato, and planning to major in Elementary Education.

Boosters: Carl's Auto Body, Arndt Family



BREEZE



Alli Helget

Personal: Parents: Sue Lund and Doug Helget Brothers: Steven, Derek, Cole, and Matthew Sisters: Jenna and Shelby
High School Coaches: Head Coach: Laura Olsen Assistant Coach(es): Jessica Kirschner
Softball Top 10 List: 6 year letter winner, 4 year varsity starter, All-Conference 2009, All-Conference Honorable Mention 2006, All-Section 2009, Captain 2010, 3rd at State, All-Conference winner 2010
Activities/Honors: Softball, Volleyball, FCA, National Honors Society, SADD, Girl's Club, Theatre, Project for Teens
Future Plans: Attend the University of Minnesota and pursue a career in Dentistry
Boosters: N/a

Mankato Loyola/3B



Cristina Masten

Personal: Parents: Mark and Tammie Brother: Scott Sister in law: Abigail
High School Coaches: Renee Erickson Assistant Coach: Ron Heskett
Softball Top 10 List: 4 year Varsity starter, Team Captain, Jugular Award, All Conference 2008 and 2010, All Conference Honorable Mention 2009, All Section 2009, .400 Hitters Club-2008-2010
Activities/Honors: Hockey (Captain), Tennis (Captain), Junior Engineering Technical Society, National Honor Society (Vice President), All Conference, Academic All State, Senior Athlete of the year, Community Volunteer
Future Plans: Attend Bethel University and play softball and hockey and major in biology (pre-medicine)
Boosters: Fergus Falls Fastpitch Softball Club

Fergus Falls/Catcher



Trisha Johnson

Personal: Parents: Jeff and Deb Brother: Ben Sisters: Shannon, Marissa, Brianna
High School Coaches: Head Coach: Kristi Andersen Assistant: Dani Andersen
Softball Top 10 List: 3 year letter winner, All-Conference 2009, All Tournament Team at Mankato East Cougar Invite 2009
Activities/Honors: "A" honor roll all 4 years, National Honor Society, lettered in Tennis for 3 years, tennis captain in 2009, All-Conference in tennis in 2008 and 2009, Payne Street Singers, church youth choir, STABLE
Future Plans: Attend the College of St. Benedict with an academic and music scholarship, play softball, major in Chemistry
Boosters: New Ulm Softball Boosters, New Ulm Girls' Fastpitch Softball Association

New Ulm/Pitcher



Susan Uhrich

Personal: Parents: Kevin and Patti Brothers: Andy, Dan, and Lewis
High School Coaches: Head Coach: Jerry Thul Assistant Coach(es): Joyce Dewitz, Jay Byram
Softball Top 10 List: 3 year letter winner, Member of Consolation State Champions in 2008, All-Conference 2010,
Activities/Honors: Student Council, Serteen (volunteer), Basketball, Volleyball, Softball, Dance
Future Plans: Attend St. Cloud State University to major in athletic training and minor in diet and nutrition
Boosters: Maple River Coaches Association, Maple River Booster Club, Maple River Softball Association, Dietz Foods, Token BBQ

Maple River/2B



Mandi Stencel

Personal: Parents: Ron and Deb Brother: Adam Sister: BreAnne
High School Coaches: Head Coach: Jerry Thul Assistant Coach: Joyce Dewitz
Softball Top 10 List:
Activities/Honors:
Future Plans: Attend to Bethany Lutheran College, play softball, and plans to major in
Boosters: Coaches Association, Maple River Booster Club
 Maple River Softball Association, Stencel Trucking, Town & Country, Ron Stencel Trucking

Maple River/SS



BREEZE



Bree Blanchette

Eagan/CF

Personal: Parents: Mike and Patty Blanchette Siblings: Blair

High School Coaches: Head Coach: Courtney Dully Assistant Coach(es): Roman Foore and Amy Borg

Softball Top 10 List: 2008 State Champions, 2009 State Consolation Champions, 4 year letter winner, 3 year varsity starter, All-Section 2008 and 2009, Captain 2010, Rookie of the Year 2008, Most Improved 2009

Activities/Honors: "A" honor roll all 4 years, lettered in volleyball 2 years, volleyball All-Conference Honorable Mention 2009, volunteer work

Future Plans: Attend the University of Minnesota on a softball scholarship

Boosters: Eagan Fastpitch Association, Eagan Softball Booster Club, Blanchette Family



Caylee Hagemeyer

MACCRAY/1B

Personal: Parents: Lee and Carin Hagemeyer Siblings: Brothers: John and Connor Sister: Anna

High School Coaches: Head Coach: Nancy Thoma Assistant Coach: Brian Brandt

Softball Top 10 List: 4 year letter winner, 4 year Varsity starter, Most Improved 2007, All Conference 2008 and 2009, Captain 2010, (unfinished 2010 season)

Activities/Honors: "A" honor roll all 4 years, president Students Against Destructive Decisions (SADD), Buddies program, First Friends, Leader on the Horizon Bible study, AFC youth church group, Choir, Band, Jazz band, Swing choir, National Choral Award 2010, The John Philip Sousa Band award 2010, lettered in tennis 4 years, tennis all conference 2007 and 2008, tennis captain and MVP 2009, member of National Honor Society for 3 years, Knowledge Bowl, M Club, and many various volunteer activities

Future Plans: Attend North Dakota State University and plans to double major in Social Science Education and Child Development and Family Science

Boosters: Nancy Thoma, Brian Brandt, Lee Hagemeyer Construction



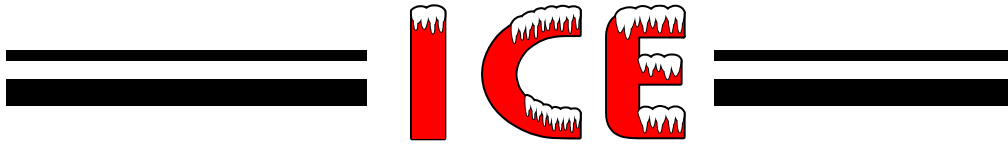
Coaches



Anne Campbell has served as head coach of the Hopkins High School Softball team from 1997-2002 and 2006-current. Campbell has taught in the district for 13 years and is currently Assistant Principal at Hopkins High School. During her Hopkins coaching tenure, Campbell has led her teams to a 199-63 record, eight Classic Lake championships and four Section 6 titles (AA and AAA). Her teams have made four trips to the State Tournament. The Royals won the State Championship in 1997 and were runner-up in 1998. Campbell has coached over 30 All-Section players, more than 10 All-State players and twice coached the Metro Player of the Year. The Royals also excel in the classroom. Campbell's teams have finished first in the nation four times for highest Grade Point Average among high school teams (through National Fastpitch Coaches Association). In all 14 years coaching at Hopkins, Campbell's teams have ranked in the top 7 academically in the country. She has coached several NFCA Scholar All Americans.



Kim Niederluecke has taught Physical Education and Adapted Physical Education at Richfield High School for 24 years. She has coached volleyball for 28 years at Richfield High School, 14 as the varsity coach, the last 14 as the 9th grade coach. Has coached fastpitch softball for 28 years. 20 years as the head coach at Richfield High School with a win loss record of 327-162. Richfield High School teams have been to the Minnesota State Softball tourney 3 times, finishing first, second and third. Coached ASA travel ball teams for 20 years, taking the Richfield Rebels to numerous tournaments including the Ringneck Tournament in Sioux Falls, SD 10 times, the Hall of Fame tournament in Oklahoma City twice and the ASA Nationals in Chatanooga, TN. She continues to do softball clinics for players ages 8-18 at Richfield High School.



Kelsey McQuillan

Stillwater/3B

Personal: Joe & Karen McQuillan Sister: Carly

High School Coaches: Head Coach: Bob Beedle Assistant Coach: Roger Stippel

Softball Top 10 List: 4 year letter winner, All Conference Honorable Mention 2008, Section 4AAA Champs 2008, State AAA Consolation Champs, Pioneer Press All-State Softball Team Honorable Mention 2009, Captain 2009 & 2010, Coaches Award 2009, All-Conference 2009, 2010

Activities/Honors: "A" honor roll – 4 years, Academic Letter – 3 years, National Honor Society

Future Plans: Attend the College of St. Benedict and plans to major in Nursing

Boosters: St. Croix Valley Girls Fast Pitch Association



Andrea Krause

Bloomington Kennedy/1B

Personal: Parents: Missy and Allen Perkins Sister: Ashley Krause Brother: Robby Perkins

High School Coaches: Head Coach: Jim Hanson – Junior Assistant Coach: Jim Hanson -Senior

Softball Top 10 List: 5 year Varsity player, 4 year letter winner, Offensive Player of the Year 2006, 2007 and 2010, MVP 2005 & 2010, All-Conference 2010, All-Section 2010, All State Nominee 2010

Activities/Honors: Basketball 4 years, Soccer 3 years, Strive/Bloomington Rotary Club, Volunteer- Feed my starving children

Future Plans: Attend Dakota County Technical College on a softball scholarship

Boosters: Clutch Hitters, Kennedy Girls Softball



Rebekah Roth

Mounds View/Catcher

Personal: Parents: Frank and Audrey Roth, Brother: John (11) Sister: Amber (22) University of North Dakota

High School Coaches: Head Coach: Frank Roth Assistant Coaches: Mike Koch and Jeff Koller

Softball Top 10 List: 4 Year letter winner, 4 year Varsity starter, 4 year All Conference, 4 year All Section, 2009 All State Honorable Mention, 2 year captain, 2009 18U A State Champions, 2009 18 and Over USSSA Nationals 3rd Place, 2010 Ms. Softball Finalist

Activities/Honors: 4 year academic letter winner, NHS member, DECA and SADD member

Future Plans: Attend the University of Concordia Saint Paul on a softball scholarship and plans to major in Education or Nursing

Boosters: Mounds View Softball Association, and Mounds View High School Softball Booster



Sara DuPaul

Spring Lake Park/P/1B/UT

Personal: Parents: Randy and Chris, Brother: Pat

High School Coaches: Head Coach: Lori Lightbody Assistant Coach(es): David Lightbody, Brad Larson

Softball Top 10 List: 4yr letter winner, 3yr starter, 5 yr varsity member, 3yr MVP, All-State '09, All-Section '08 & '09, All-Conference '08 & '09, Kare 11 Athlete '09 & '10, Pioneer Press & Star Tribune '08, '09, '10, KSTP Athlete of the week '10, Multiple school records.

Activities/Honors: Two Varsity basketball letters '08 & '09, Two year OEC (Opportunities in Emergency Care) honor student, EMT, 1st Responder, CPR Instructor, two year volleyball member, volunteer work, Panther Mentor, NSC lifting Champion, 400 & 500lbs club, School record power clean 190lbs.

Future Plans: Attend the University of Minnesota Twin Cities playing varsity softball, and plans to major in Kinesiology.

Boosters: Spring Lake Park High School softball, Dr. Mudspringer.



Amanda Johnson

Ashby/SS

Personal: Parents: Dale Alstead and Kathy Johnson Brothers: Austin Christenson, Jason Johnson, and Levi Bogenrief Sisters: Ashley Alstead, Amber Alstead, Kami Bogenrief and Alea Alstead.

High School Coaches: Joey Andreasen Assistant Coach: Kandace Norby

Softball Top 10 List: 6 year letter winner, 5 year varsity starter, All-Conference 2007, 2008, and 2009, Conference MVP 2008, Conference Champions 2007, 2008, and 2010, All State Honorable Mention 2006, All State 2008, 2009

Activities/Honors: "A" Honor Roll 3 years, Student Council, Lettered in Basketball and Volleyball all four years, All State Honorable Mention in Basketball 2009-2010, NHS two year member, Mock Trial letter winners 2009 and 2010.

Future Plans: Attend NDSU

Boosters: Ashby High School Letterwinners



Chelsea Wenzel

Rosemount Irish/CF/Catcher

Personal: Parents: Cary and Catherine Wenzel Sister: Cassandra Wenzel

High School Coaches: James Matheson Assistant Coach(es): Jeremy Gordon

Softball Top 10 List: 4 Year letter, 3 year Varsity starter, All-Conference Honorable Mention 2008, Will-to-Win 2009, 2nd in the Conference 2009

Activities/Honors: "B" honor roll

Future Plans: Attend Western Technical College in La Crosse Wisconsin, Major in Early Education.

Boosters: Rosemount Booster Club



Sam Jensen

Farmington/ SS

Personal: Mike and Diane Brothers: Jon and Wyatt

High School Coaches: Head Coach: Rob Laden Assistant Coaches: Mike Benson

Softball Top 10 List: 4 Year letter winner, 4 year Varsity Starter, 2010 Captain, 3 years All Conference, All-Section 2008 and 2009, All Metro 1st team 2008 and 2009, All State Honorable Mention 2008, All State Team 2009

Activities/Honors: "A" and "B" honor roll all 4 year, lettered in hockey for 1 year

Future Plans: Attend North Dakota State University

Boosters: Farmington Girls Fastpitch, Dakota Electronics Association, Farmington Eagles Club, Dakota County Lumber, Dakota Electric



Elizabeth "Lizzy" Karp

Mankato Loyola/Catcher

Personal: Parents: Mike and Julie Karp Siblings: Tyler, Ben, and Jon Karp

High School Coaches: Head Coach: Laura Olson Assistant Coach(es): Miss Jess

Softball Top 10 List: 2006 took 3rd at state, 4 time All-State Catcher, 6 year letter winner, All-Conference (2007, 2008, 2009), 6 year Varsity Starter, 4 year Academic Achievement, 3 year team captain,

Activities/Honors: Student Council Rep, Vice President of Key Club, Graduated with gold Honors, Basketball Captain (2008-2009, 2009-2010), Soccer Captain (2008, 2009), All-Conference Honorable Mention in Basketball, All-City in soccer (2007,2008,2009), Wendy's Heisman Award 2009, Principal's Award 2010, Band Ensemble Superior Rating 2008,

Future Plans: Attend the University of Wisconsin- Madison and plan to major in English

Boosters: Meyer Financial and Consulting; Blethen, Gage, and Krause



Leah Dykhoff

Wadena-Deer Creek/2B

Personal: Parents: Butch (Henry) and Katie Brother: Ryan Sister: Kari Dog: Rizzo

High School Coaches: Head Coach: Craig Klawitter Assistant Coach: Beth Hawkins

Softball Top Five List: Played varsity freshman year and senior year (track sophomore and junior year), went 7-7 in one game, got a black eye from softball, won state summer softball, summer softball nationals in Kentucky

Activities/Honors: "A" honor roll all four years, lettered in hockey five years, All-Conference four years in hockey, lettered in track two years, lettered in softball two years

Future Plans: Attend the University of Wisconsin-River Falls to possibly play hockey and to major in Business Management

Boosters: Wadena Prowlers J.O. Softball, Bluffton Braves Baseball, Butch Dykhoff Dealer in Raw Fur



Stacey Schuller

Jackson County Central/2B

Personal: Parents: Tom and Deb Brother: Nolan

High School Coaches: Head Coach: Shelly Hotzler and Cory Pauling

Softball Top 10 List: 3 Varsity Letters, 2009 Defensive player of the year, Beating New Ulm to stay alive in playoffs, All Conference as a Junior, Academic All State, Hitting .333, Fielding percentage of .907.

Activities/Honors: A Honor Roll, National Honor Society, All Conference Softball, All Conference Volleyball, Student Council, SADD, Natural Helpers, Knowledge Bowl, Swing Choir, Carolers, Highschool tutor, Nita's School of Dance

Future Plans: Attend Dakota State Majoring in Exercise Science

Boosters: Lincoln Wacker Foundation



Felicia Meyer

Personal: Parents: Kevin and Angela Brother: Brady

High School Coaches: Head Coach: Kevin Meyer Assistant: Angela Meyer

Softball Top 10 List: 4 year letter winner, 4 year Varsity starter, All-Conference, 2008, 2009, 2010, All-Section 2009, 2010, Offensive Player of the Year 2007-2010, Captain 2009, 2010. 2009 Section Runner Up, All State Honorable Mention, Career strikeouts - 1,147; MSHSL Records: 2009 – 393 Strike outs in one season, Most Strikeouts in Extra Innings; 41 in a 19 inning (game won 2-1)

Activities/Honors: Student Council, lettered in Basketball, Volleyball, and Softball all four years, volleyball captain in 2010, basketball captain in 2010, softball captain 2009 and 2010, President of Church Youth Group, Vacation Bible School volunteer

Future Plans: Attend Winona State University with a softball scholarship and plans to major in Medicine

Boosters: Crown Auto Service Center, Goodview; Volkmann Appliance, Winona; Valley View Paint and Body, Lewiston; Sky High Screens, Winona; Merchants Bank, Winona

Hope Lutheran/P



Miranda Deconcini

Personal: Parents: Tom and Gina Brothers: Dash and Anthony Sisters: Emily, Kathryn, Beth

High School Coaches: Head Coach: Al Wachutka Assistant Coach: Steph Johnson

Softball Top 10 List: 4 year letter winner, 4 year varsity starter, All conference 2009 and 2010, Honorable mention 2008, 2 year captain 2009 and 2010, Team golden glove award 2009

Activities/Honors: Graduated with high honors, 3 year hockey manager, Camp counselor at C.O.P, participate in Seniors squared, volunteer work.

Future Plans: Attending the University of Minnesota

Boosters: none

St. Louis Park/CF



Coaches



Mick Ramey has been coaching for New Life Academy for seven years. The first two as an assistant. His record for the past 5 years is 104-18. NLA has won the MCAA Conference the last 5 years 2006, 2007, 2008, 2009, and 2010 and 4 section titles 2006, 2007, 2008, and 2009. Ramey has appeared in four state tournaments. NLA was a runner up in 2007 and won the state title in 2008 and 2009. Mick enjoys playing golf in his spare time. He is married to Diane and they have five children. He loves to coach and has coached basketball, baseball, and football in addition to softball. He is very grateful for the opportunity to work with all the great athletes, coaches and parents he has met over the years. He am very happy to be able to coach the all star team again this year.



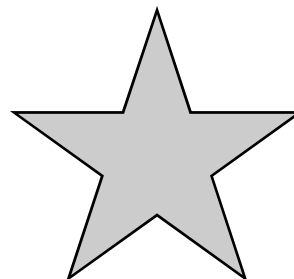
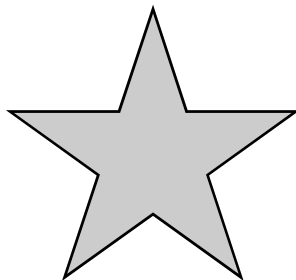
Marco Machado has been the head coach for Visitation Blazer High School for the last 2 years and was co-Champions in the Tri-Metro Conference 2009 and 2010. Prior to Visitation, I was head coach for New Life Academy Eagles for eight years, in the eight years the Eagles appeared in two state tournaments in 2006 and being runner up in 2007. My career record as head coach is 130-74. I really enjoy coaching and feel very blessed and honored to be a coach.



2010 High School All-Star Series Rosters

| Blizzard—White | School | Position |
|---|------------------------|-------------|
| 1 Jenelle Trautmann | Hastings | Pitcher |
| 2 Bailey Bouman | Pipestone Area | Pitcher |
| 3 Meredith Lee | Houston | Catcher |
| 4 Maggie Dunsmore | Burnsville | Catcher |
| 5 Katie Erickson | Elk River | First Base |
| 6 Brittany Brenke | LeSueur-Henderson | Second Base |
| 7 Shalee Nelson | Jackson County Central | Third Base |
| 8 Ellen Degler | Chaska | Short Stop |
| 9 Chelsey Stang | ROCORI | Centerfield |
| 10 Kristin Sandstrom | Silverbay | Shortstop |
| 11 Alyssa McKee | Spring Lake Park | Third Base |
| 12 Brooke Woelber | Pipestone Area | Short Stop |
| Coaches Stacey Sheetz and McKayla Kroll | | |

| Breeze—Green | School | Position |
|--|------------------------------------|-------------|
| 1 Brittany Lauterbach | Prior Lake | Pitcher |
| 2 Trisha Johnson | New Ulm | Pitcher |
| 3 Cristina Masten | Fergus Falls | Catcher |
| 4 Jordan Schaffer | Hastings | Catcher |
| 5 Caylee Hagemeyer | MACCRAY | First Base |
| 6 Susan Uhrich | Maple River | Second Base |
| 7 Allison Helget | Mankato Loyola | Third Base |
| 8 Jenna Hoffman | Cretin Durham Hall | Shortstop |
| 9 Bree Blanchette | Eagan | Centerfield |
| 10 Megan Arndt | Hopkins | Rightfield |
| 11 Mandi Stencil | Maple River | Shortstop |
| 12 Elliott Lenz | Lake Crystal/Wellcome/ Memorial | Shortstop |
| Coaches Anne Campbell and Kim Niederluecke | | |



| Ice —Blue | School | Position |
|------------------------------|------------------------|-----------------|
| 1 Sara DuPaul | Spring Lake Park | Pitcher |
| 2 Felicia Meyer | Hope Lutheran | Pitcher |
| 3 Elizabeth Karp | Mankato Loyola | Catcher |
| 4 Rebekah Roth | Moundsview | Catcher |
| 5 Andrea Krause | Kennedy | First Base |
| 6 Leah Dykhoff | Wadena Deer Creek | Second Base |
| 7 Kelsey McQuillan | Stillwater Area | Third Base |
| 8 Sam Jensen | Farmington | Shortstop |
| 9 Miranda DeConcini | St Louis Park | Centerfield |
| 10 Chelsea Wenzel | Rosemount | Leftfield |
| 11 Amanda Johnson | Ashby | Shortstop |
| 12 Stacey Schuller | Jackson County Central | Third Base |
| Mick Ramey and Marco Machado | | |

| Thunder—Purple | School | Position |
|----------------------------------|--------------------------------|-----------------|
| 1 Megan Mullen | Hermantown | Pitcher |
| 2 Nicole Starkson | Mankato West | Pitcher |
| 3Ellen Folman | Hermantown | Catcher |
| 4 Lindsay Erickson | Big Lake | Catcher |
| 5 Julia Gilbert | Hermantown | Shortstop |
| 6 Noelle Roden | DeLaSalle | First Base |
| 7 Allie Merkley | Eastview | Second Base |
| 8 Macy Svalland | Mountain Lake/Butterfield-Odin | Third Base |
| 9 Libby Kruse | Orono | Centerfield |
| 10 Kelcey Biglow | St. Bernard's | Leftfield |
| 11 Mary Rentz | Morris Area | Shortstop |
| 12 Brooke Selisker | Burnsville | Third Base |
| Coaches Tom Bang and Roy Meixell | | |



All-Star Softball History



The Inaugural All-Star Series was played at the University of Minnesota Softball Complex in 1989 with Linda Wells, Softball Coach of the Minnesota Gophers throwing out the first pitch. The Minnesota Coaches Association All-Star Committee in cooperation with the Minnesota Sports Federation developed the All-Star Series concept through numerous meetings in the year prior to the playing of the first Series. The committee members included, Tom Begich from Simley, Kathy Fletcher-Schoeberl from Henry Sibley, Jeff Annis from Maple River, Al Eckmann from Austin, JoEllen Bailey from Southland, Jim Smola from Apple Valley, Wayne Erickson from No St Paul, Norm Setnicker from Tartan, Marlyn Hyland from Coon Rapids and Barb Northway from the Minnesota Sports Federation. The first Series showcased 36 athletes playing in a two-game series and was played in late June. The Series continued in 1990 and 1991 with 36 athletes exhibiting their skills in a two-game series at the University of Minnesota. In 1992, the Series format changed from 36 athletes on two teams to 60 athletes participating on four teams at the University of Minnesota Softball Complex. The increase of All Stars mirrored the jump in participation of girls playing fastpitch softball. In 1994 another change for the Series took place, as it was moved from the University of Minnesota to Caswell Park in North Mankato. The Series date was also changed to the Sunday after the high school state fastpitch tournament. The Series continued on the same course until 2001 when 72 athletes were chosen to play on six teams. In 2006 the series was expanded to eight teams, 88 players and 12 games. Then in 2007, the series was reduced to 72 players and nine games. Again, the additional All Stars added were a reflection of the rise in the number of girls playing fastpitch softball in Minnesota. 2010 also marks the inaugural Hall of Fame Banquet which honors two MN coaches and five MN high school players. Welcome to the newest members of this years All Star family, as All Star history marches on.



2010 MFCA High School All-Star Tournament



Caswell Park-Mankato

Sunday, June 13, 2010

Game Schedule

Five Inning games

| <i>First Round 1:00PM</i> | |
|----------------------------------|----------|
| Blizzard vs. Breeze | Field #1 |
| Ice vs. Thunder | Field #2 |
| Lightning vs. Heat | Field #3 |

Break for Lunch

| <i>Second Round 2:45PM</i> | |
|-----------------------------------|----------|
| Breeze vs. Heat | Field #1 |
| Ice vs. Lightning | Field #2 |
| Blizzard vs. Thunder | Field #3 |

| <i>Third Round 3:45PM</i> | |
|----------------------------------|----------|
| Lightning vs. Blizzard | Field #1 |
| Heat vs. Thunder | Field #2 |
| Breeze vs. Ice | Field #3 |

RULES

1. All games are 5 innings in length with International Tie-Breaker used for the sixth Inning only with a runner on second base.
2. All Teams will have 12 players and must bat all 12 with free substitution throughout the day.
3. All Teams will have 2 pitchers, 2 catchers, and 8 position players on their roster.



| Lightning—Gold | School | Position(s) |
|--|-------------------------------|-------------|
| 1 Sara Moulton | Eagan | Pitcher |
| 2 Kayla Maher | Rockford | Catcher |
| 3 Carley Nelson | Ottertail Center | Pitcher |
| 4 Lindsay Spanton | Eastview | Catcher |
| 5 Amanda Skelly | North St. Paul | First Base |
| 6 Cortney Hernandez | North St. Paul | Third Base |
| 7 Maria Bothwell | North St. Paul | Centerfield |
| 8 Logan Ahlness | New Ulm | Second Base |
| 9 Kayla Goehring | Rosemount | Shortstop |
| 10 Emily Larson | Pipestone Area | Rightfield |
| 11 Rushelle Flaten | Bagder/Greenbush/Middle River | First Base |
| 12 Samantha Holien | Forest Lake | Shortstop |
| Coaches Sean Hall and Charlie Whitbred | | |

| Heat—Red | School | Position(s) |
|--|-----------------------------|-------------|
| 1 Kristen Fah | Becker | Pitcher |
| 2 Leeza Tostenson | Park Rapids | Catcher |
| 3 Kelly Wood | Eagan | Catcher |
| 4 Chelsea Rachel | Maple Lake | Centerfield |
| 5 Natalie Lange | Lester Prairie/Holy Trinity | First Base |
| 6 Lindsey Hubler | Apple Valley | Second Base |
| 7 Briana Baker | KMS | Third Base |
| 8 Bethany Brausen | Roseville | Shortstop |
| 9 Jordan Iverson | Hawley | Centerfield |
| 10 Jenna Moritz | New London Spicer | Second Base |
| 11 Nikki Kothenbeutel | Sauk Rapids Rice | Short Stop |
| 12 Madelynn Bilse | Eden Prairie | Third Base |
| Coaches Julie Rachel and Mary Holmberg | | |

= THUNDER



Kelcey Biglow

St Bernards/LF/OF

Personal: Parents: Michael and Lynn Sister: Lauren Brother: Robert

High School Coaches: Head Coach: Dan Jameson Assistant: Bill Maleitzke Tom Ueland Brad Dupre Erin Ponsole

Softball Top 10 List: 4 year letter winner Varsity Fast Pitch, 4 year letter winner Varsity Basketball, 3 year letter winner Varsity V-Ball

Activities/Honors: A" honor roll all 4 years; National Honor Society; Academic Letter 4 years; 2 year Theater letter; alter server; volunteer work

Future Plans: Attend the University of Minnesota-Duluth at the Swenson College of Science and Engineering; plans to major in Pre-Med

Boosters: St Bernards Men's Club; my parents



Noelle Roden

DeLaSalle/1B

Personal: Parent: Mary Roden Siblings: Brothers: Nicholas & Nathan Sister: Netanya

High School Coaches: Head Coach: Tom Heinecke Assistant Coaches: Julie Dearing, Mike Grant

Softball Top 10 List: 3 year letter winner, 3 year Varsity starter, All-conference 2009, All-conference honorable mentioned 2008, Best Offensive Player 2009 & 2008, Captain 2010, KARE 11 Athlete of the Week (April 2010)

Activities/Honors: High Honor roll all 4 years, Academic All-Star, National Honor Society, lettered in Soccer (1 year) and Basketball (4 years). Captain of the Managers-Basketball, Yearbook staff (3 years), Senior Retreat Team Leader, Recipient of DeLaSalle Presidential Scholarship (4 years), Recipient of DeLaSalle 2009 Alumni Scholarship, volunteer- Como Park Zoo

Future Plans: Attend the University of Sioux Falls on a softball scholarship and plans to major in Biology

Boosters: DeLaSalle Sports Boosters



Macy Svalland

Mountain Lake/ Butterfield-Odin/3B

Personal: Parents: Matt and Michelle, Sister Megan, Brother Maxwell

High School Coaches: Head Coach: Dennis Stade, Assistant Nathan Fast

Softball Top 10 List: 4 Year Letter Winner, 4 Year Varsity Starter, All Conference 2008, 2009, 2010, Offensive Player of the Year 2008, Captain 2009, 2010, Ms Hustle Award 2008, Martin County West All-Tournament Team 2009

Activities/Honors: Honor Student all 4 Years, Student Council, Class Officer, Lettered in Volleyball and Basketball 2007, 2008, 2009, 2010, Inspirational Team Player Award in Volleyball and Basketball 2010. Crusaders Youth Group Volunteer in New Orleans, Youth Services Volunteer Work

Future Plans: Attend Minnesota State University-Mankato and pursue a degree in Elementary Education and Art



Alyssa McKee

Spring Lake Park/ 3B

Personal: Parents: Pat and Brenda McKee Siblings:Sister: Samantha

High School Coaches: Head Coach :Lori Lightbody Assistant Coach(es): Dave Lightbody, Brad Larson

Softball Top 10 List:4 year letter winner, 4 year varsity starter, All Conference 2009, All Section 2009, All State Honorable Mention 2009, Conference Champions 2009, Errorless season 2009, Captain 2010, Conference Champs 2010, 20-0 Regular season 2010

Activities/Honors: 'A' or 'B' honor roll all 4 years, Academic All Conference Tennis 2009, lettered in Tennis past 2 years, graduating with honors, panther mentors past 2 years, world cultures club 2010

Future Plans: Go to St. Kate's to play softball and major in Nursing.

Boosters: Spring Lake Park Softball Association, Spring Lake Park Softball Boosters



Mary Rentz

Morris Area HS/SS

Personal: Parents Jim & Laura Rentz Brother:..Andrew

High School Coaches: Head Coach:...Mary Holmberg

Softball Top 10 List: 4 year Varsity Starter, All Conference 2007,2008,2009, West Central Tribune All Area Team 2009 .300 club, .400 Club, Captain 2010

Activities/Honors: Honor Student, Class President, Three Year Letter Winner Volleyball and Basketball, All Conference 2009 and 2010 in Basketball, 4.0 club, Top 10% of graduating class

Future Plans: Attend the University of St. Thomas

Boosters: Family, Friends, Coaches, Danes Fast Pitch Softball Team

= THUNDER



Libby Kruse

Orono/CF

Personal: Parents: Bob and Percy Sisters: Haley and Kerry Brother: Chris

High School Coaches: Head Coach: Christine Gagnon and Lyn Mculloch

Softball Top 10 List: 4 year letter winner and conference champions, most improved 2007, all conference honorable mention and AA state champion 2008, all conference all section all state defensive MVP 2009, Captain 2010

Activities/Honors: lettered in basketball 4 years, tennis 2 years, soccer 1 one year, all conference honorable mention sophomore year, All Conference jr & sr year, MVP team captain and all state honorable mention sr year, all conference honorable mention jr year tennis, 2009 state champion soccer

Future Plans: Attend Trinity University (San Antonio, TX) play basketball and softball studying Communications and Journalism

Boosters: Orono Fastpitch Association



Ellen Folman

Hermantown/Catcher

Personal: Parents: Jerry and Catherine Brother: Kevin

High School Coaches: Head Coach: Tom Bang Assistant Coaches: Joey Francisco, Laurie Larson, Randy Hill

Softball Top 10 List: 4 year letter winner, 3 year varsity starter, All-Conference 2008, 2009, and 2010, All-Section 2008 and 2009, Captain 2010, MVP 2010, State Participant 2008 and 2009, AA State Champion 2009, Duluth News Tribune All-Area 2009

Activities/Honors: Graduated With Honors, Link Crew Leader, National Honor Society Treasurer, Student Council Member, Interact Member, Skyline Junior Rotarian, Lettered in Volleyball 3 Years, Volleyball Captain 2009, All-Conference in Volleyball 2009

Future Plans: Attend the University of Wisconsin-Eau Claire and major in Ecology and Environmental Biology



Julia Gilbert

Hermantown/SS

Personal: Parents: Jeffrey and Trudy Siblings:..Brother Karl and Sister Jenna

High School Coaches: Tom Bang:..Assistant Coach(es): .Randy Hill, Laurie Larson, and Joey Francisco

Softball Top 10 List: 5 year letter winner, 4 year Varsity starter, All-conference in 2008-2010, all Section- 2007-2010, Captain 2010, 2008 placed 4th in state, 2009 placed 1st in state, all state honorable mention 2008, all state 2nd team 2009

Activities/Honors: "A" Honor roll all 4 years, lettered in Hockey for 5 years and soccer for 2 years, hockey captain 2010, all conference in hockey 2007-2010 and soccer 2009-2010, all state hockey 2008-2010, volunteer in youth softball and hockey

Future Plans: Attend St Cloud State University on a hockey scholarship

Boosters: Hermantown High School Softball



Allie Merkley

Eastview/2B

Personal: Parents: Scott and Cindy Merkley, sister Katie

High School Coaches: Head Coaches: Tiffany Rose, Mike Haugh

Softball Top 10 List: 4-year letter winner; 4-year starter; All-Conference HM 2008, All-Conference 2009, 2010; 2-time Eastview Defensive Player of the Year; Captain; 2-time Eastview MVP

Activities/Honors: "A" honor roll all 4 years; Student Council; NHS member; LINC Leadership member; Confirmation Group Facilitator; Community Volunteer Work

Future Plans: Attend Iowa State on an academic scholarship

Boosters: Eastview Softball Booster Club



Megan Mullen

Hermantown/P

Personal: Parents: Scott and Marge, Sister: Alyssa

High School Coaches: Head Coach: Tom Bang Assistant Coaches: Joey Francisco, Randy Hill, Laurie Larson

Softball Top 10 List: State Champion Class AA 2009, Duluth News Tribune Player of the Year 2008 & 2009, Pioneer Press All-State Team 2008 & 2009, Class AA State Softball All-Tournament Team 2009, All-State 1st Team 2009, All Conference 2007, 2008 & 2009, All Section 2008 & 2009, Placed 4th at State in 2008, 5 year letter winner, Captain 2010, AFA National Champion 2006

Activities/Honors: Graduated with honors, "A" Honor Roll 4 years. Lettered in soccer 3 years, Lettered in basketball 3 years, soccer captain 2009-2010, Animal Allies volunteer, youth softball and basketball volunteer, employed part-time at Texas Roadhouse

Future Plans: Attending the University of Minnesota, Duluth on a softball scholarship with plans to obtain a doctorate in Psychology and minor in Criminology, also a member of the National Guard.

= THUNDER



Nicole Starkson

Mankato West/Pitcher/SS

Personal: Parents: Mary Jo Starkson and Lloyd Starkson Siblings:Sister:Danielle Brother: Ben Brother: Charlie

High School Coaches: Head Coach:Don Krusemark Assistant Coach(es):Amanda Kozitza

Softball Top 10 List: 4 year letter winner, 3 year varsity starter, All-Conference 2008 2009 and 2010, All-Conference honorable mention 2007, Captain 2010, 2008 placed 2nd at State, 2009 placed 6th at State

Activities/Honors: 3 years high school volleyball, 3 years JO volleyball, 2 years high school basketball, volunteer work

Future Plans: Attend Bethany Lutheran College in Mankato, plan to major in Pre-Med

Boosters: Starkson Family



Brooke Selisker

Burnsville/3B

Personal: Tim and Stephanie Selisker Siblings: Blaire Selisker

High School Coaches: Head Coach: Hilary Hansen Assistant Coach(es): Kate Schwartz and Jen Burke

Softball Top 10 List: 3 year letter winner, 2 year Varsity starter, All conference 2009, All state honorable mention 2009, Captain 2010, 2009 Lake Conference Champions

Activities/Honors: "A" honor roll all 4 years, L.I.F.E, 3 year letter winner for tennis, Tennis Captain 2008 and 2009, all conference in tennis 2008 and 2009, Fellowship of Christian Athletes, National Honor Society all 3 years, volunteer

Future Plans: Attend the University of St. Thomas, plans to play softball, and major in business with focus on marketing/ advertising

Boosters: Burnsville Softball Association



Coaches



Tom Bang is a the high school softball coach for the Hermantown Hawks. He has been a softball coach for 32 years and has an overall record of 550-185. He has led teams to 16 Section titles and has made 16 state softball appearances. Bang has also led teams to three state tournament titles in 1991, 2002 and 2010. His more cherished coaching honor is getting a compli- ant from an ex-player. He is a retired history teacher. Bang enjoys watching ESPN and recrea- tional sports. He is married to his wife Jill and they have three children; Kyle, Jamie, and Danny.



Roy Meixell is the high school coach at Minnehaha Academy. He has been the coach of the Redhawks for twelve years, accumulating a record of 163-93. Meixell has led the Redhawks to three conference titles in 2006, 2008 and 2009 and one section title in 2009. In 2002, 2003 and 2007 the Redhawks were section runner ups. In 2009 Meixell and the Redhawks made a state appearance and took second place. In 2006 Mexiell was inducted into the St. Paul Fastpitch Hall of Fame Meixell enjoys hunting, fishing and golf. His wife's name is Lynn and they have three children; Brandt, Kate and Laura.

LIGHTNING



Samantha Holien (Sammy & Sam) Forest Lake/SS

Personal: Parents: David and Robyn, Brother: Alex

High School Coaches: Head Coach: Angie Ryan, Assistant Coaches: Erin Casey and Don Cramer

Softball Top 10 List: 4 year Letter winner, 3 year Varsity starter, 2010 Captain, 2007 & 2008 MFCA All Section – First Team, 2008 - 2010 Academic Achievement Award (3.6-4.0), 2008 & 2010 All Conference, 2008 Defensive Player of the Year, 2007 All Conference Honorable Mention, 2007 – 2009 Mentoring Youth/Coaching – Forest Lake softball

Activities/Honors: Member of the National Honor Society, **Tennis** – 4 year Letter winner, 2010 Academic All State, 2008 - 2010 Academic Achievement Award (3.6-4.0), 2009 & 2010 All Conference, 2008 All Conference Honorable Mention, **Basketball** – 2 year Letter winner, 2008 - 2009 Academic Achievement Award (3.6-4.0) and 2009 Defense MVP

Future Plans: Attend North Dakota State University on a softball scholarship and plans to major in MicroBiology

Boosters: Forest Lake Softball Booster Club, Forest Lake Area Fastpitch Association & Holien Family



Rushelle Flaten Badger-Greenbush-Middle River/3B

Personal: Parents: Verna Flaten: Brother: Tony Sister: Angie

High School Coaches: Head Coach: Kent Christian Assistant: David Blazek and Kent Janicke

Softball Top 10 List: 4 year letter winner, 4 year Varsity starter, Hardest Worker 2007, Top Pitcher 2008 and 2009, Sub-Section 2008 and 2009, All-conference 2008 and 2009, Team placed 5th at State 2008.

Activities/Honors: Lettered in Volleyball 2009 and 2010, Lettered in Basketball 2009, Target Team all four years, Dinner Theatre all four years, One-Act Play 2009 and 2010, Youth Group, Junior Auxiliary member, Girls State 2009, 1st runner-up in Miss Middle River 2009.

Future Plans: Attend Valley City State University and plans to major in Business Administration

Boosters: Border State Bank, Home Lumber, TR Jobbing, Middle River Community Club



Sara Moulton Eagan/Pitcher

Personal: Parents: Jeff and Kate Moulton Sibling: Sister: Emily

High School Coaches: Head Coach: Courtney Dully Assistant Coaches: Roman Foore and Amy Borg

Softball Top 10 List: 4 year letter winner, All conference 07,08,09,10, All Section 07,08,09, All State 07,08,09, All Metro 07,08,09, MN Player of the Year 2009, Metro Player of the Year 2009, MN Gatorade Player of the Year 2009. Athena Award 2010, Team MVP 07,09,10, Team Captain 09,10

Activities/Honors: A Honor Roll, 6 Academic letters, LINK Leader

Future Plans: Will attend the University of Minnesota on a softball scholarship and has been accepted into the College of Education and Human Development

Boosters: Eagan Athletic Association Fastpitch, Eagan Booster Club, Family and friends



Kayla Maher Rockford/Catcher/1B

Personal: Parents: Tony and Teresa Brothers: Tyler and Nathan

High School Coaches: Head Coach: Dawn Engebretson Assistant Coach: Cindi Simonson and Allison Rothstein

Softball Top 10 List: 2 year letter award winner, all conference in 2009, all state honorable mention 2009, RBI leader 2009, captain 2010 season.

Activities/Honors: Honor roll student all four years, top ten student senior year, lettered in volleyball and basketball 2 years, volleyball captain, all conference 2 years, voted most dedicated and MVP senior year, Basketball miss hustle/practice award 2 years, Link crew, Band, Choir, Flags, yearbook committee 4 years, Editor 2 years.

Future Plans: Attend St. Cloud State University

Booster: Rocket Boosters Club, Rockford High School



Lindsay Spanton Eastview/Catcher

Personal: Parents: Dana Lien, Mark Spanton, Jon Lien, sister Abby, brother Taylor

High School Coaches: Head Coaches: Tiffany Rose, Mike Haugh

Softball Top 10 List: 4-year letter winner; 4-year starter; All-Conference 2008, 2009, 2010; All-Section 2008; 2-time Eastview Offensive Player of the Year; Eastview Softball Hardest Worker; Captain; Eastview RBI Record-Holder

Activities/Honors: "A" honor roll all 4 years; Student Council; NHS member; Spanish Honor Society; LINC Leadership member; Confirmation Group Facilitator; Community Volunteer Work

Future Plans: Attend Augustana College on an athletic and academic scholarship and plans to major in Biology

Boosters: Eastview Softball Booster Club

LIGHTNING



Carley Nelson

Ottertail Central/ P/1B

Personal: Parents: Lonnie and Renee Brother: Casey Sisters: Calley and Lindsay

High School Coaches: Head Coach: Eric Olson Assistant Coach: Heather Akerman and Jan Eitzen

Softball Top 10 List: Letter winner 4 years, 4 year Varsity Starter, All Conference 2007 and 2009, All Conference Most Valuable Pitcher 2008, All Section Team 2008 and 2009, All State 2nd Team, State All Tournament Team 2009, Conference Champion 4 years, Section Champions 2008 and 2009, Placed 4th at State 2009,

Activities/Honors: A honor roll 4 years, Honor Student, Student Council Vice president, National Honor Society Member, Basketball and Volleyball letter winner all 4 years, Volleyball All Conference 2008 and 2009, Volleyball Team MVP 2008 and 2009, Basketball All Conference 2008-09 and 2009-10, Basketball Team MVP 2009-10, Sportsmanship Award 2009-10,

Future Plans: Attend University of Minnesota-Morris to pursue a career in physical therapy

Boosters: www.bretsguideservice.com, Paulson Land Company, Larry's Supermarket, Lakes Area Technology, OTC Sports Boosters



Kayla Goehring

Rosemount/SS

Personal: Parents: Mike and Kathy Siblings: Brother: Jake

High School Coaches: Head Coach: Jim Matheson Assistant Coach: Jeremy Gordon

Softball Top 10 List: 4 year letter winner, 4 year varsity player, All conference Honorable Mention 2008 and 2009, Captain 2010, Rookie of the Year 2006, Unsung Hero 2009, Most Improved Player 2007

Activities/Honors: "A" Honor Roll 2009, "B" Honor Roll 2008, 2007, 2006, lettered in hockey 4 years, 2 year hockey captain, 2 year academic letter

Future Plans: Attend Inver Hills Community College and transfer to a four-year

Boosters: Rosemount Girl's Softball Booster Club



Logan Ahlness

New Ulm/2B

Personal: Parents: Lon and Vicky Ahlness Sisters: Maddi and Hunter

High School Coaches: Head Coach: Kristi Andersen Assistant Coach: Dani Andersen

Activities/Honors: "A" honor roll all 4 years, lettered in Volleyball 2 years, Basketball 3 years, Softball 3 years, volleyball captain in 2009, basketball captain in 2009-2010, All Conference runner up in volleyball, Miss New Ulm Princess, member of the Optimist Club of New Ulm, active volunteer in the community and church

Future Plans: Attend Bethel University as a softball recruit and plans to major in Elementary Education and minor in coaching

Boosters: New Ulm Softball Association, New Ulm Fastpitch Association, New Ulm Softball Booster Club, Nicklasson Athletics



Emily Larson

Pipestone Area/RF

Personal: Parents: Dave and Beth Brothers: Michael, Andrew, Daniel

High School Coaches: Head Coach: Troy Bouman Assistant Coach(es): Robert Petersen

Softball Top 10 List: 3 year letter winner, 2 year Varsity starter, All Conference 2009 and 2010, All Section 2009, Class AA State Champions 2007, Class AA State Runner-Up 2008, 2009 Class AA State Third Place

Activities/Honors: Honor roll all 4 years, Volleyball all four years, volunteer work

Future Plans: Attend Minnesota State University of Moorhead and plan to major in Early Childhood Education

Boosters: Priester Bus Service



Cortney Hernandez

North St. Paul/SS/3B

Personal: Parents: Tony and Heidi Hernandez, Sisters: Brandy and Bree

High School Coaches: Head Coach Sean Hall Assistant Coach Tom Nemo

Softball Top 10 List: 4 year letter winner, 3 year varsity starter, 2009 State Runner Up, 2007 Most Valuable Offensive Player, 2007 Golden Glove Award, 2007 State Champions

Activities/Honors: Lettered in Tennis, 4 Year MN Sting Club Softball Player

Future Plans: Attend College and major in Law Enforcement

Boosters: North St. Paul Booster Club, Strong Family and Friend Support

LIGHTNING



Maria Bothwell

North St. Paul/CF

Personal: Parents: Mike and Sue Siblings: Cassie, Jake, Alyssa and Jimmy

High School Coaches: Head Coach: Sean Hall Assistant Coach(es): Tom Nemo

Softball Top 10 List: Captain 2010, 3 Year Letter Winner, All-Conf, All Conf HM, Coaches Award, All Section Award, State Champs, State Runner Up, 4 Year Conf Champs, 2 Year Section Champs,

Activities/Honors: GPA 4.1, 4 year Academic Letter winner, 2 Year National Honor Society, ATHENA Award winner, HOBEBY BAKER Award winner, Hockey- 5 Year Letter Winner, 2 year Captain, 3 year All Conf, All Conf HM, MVP, Points Leader Award, Academic All State, Conf Champs, Tennis 3 Year Letter Winner, Girl Scouts 12 year member earned Bronze, Silver Service Awards, Leadership Award, Numerous Community Service Hours, Feed My Starving Children, Church Volunteer

Future Plans: Attending University of St. Thomas in Pre-Med, Playing for their Women's Hockey Team

Boosters: No. St. Paul Athletic Assoc., No. St. Paul Fastpitch Assoc.



Amanda Skelly

North St. Paul/1B/OF

Personal: Brian and Mary Kay Skelly Brother: Chris Sister: Erin

High School Coaches: Head Coach: Sean Hall Assistant Coach: Tom Nemo

Softball Top 10 List: 4 year letter winner, All-Conference Honorable Mention 2008 and 2009, All State Honorable Mention 2008 and 2009, 2009 All Section, Captain 2010, 2009 State Runner Up, 2007 State Champions

Activities/Honors: 3 year hockey letter winner, played for Minnesota Sting Club Program for 4 years, 2009 MN Sting Team Captain

Future Plans: Attend Mankato State University and major in Law Enforcement

Boosters: North St. Paul Booster Club, Strong Family and Friend Support



Coaches



Sean Hall is the head coach at North St. Paul. He has been a coach of the Polars for ten seasons with a record of 206 wins and 53 losses. He has eight conference softball titles between 2003-2010. At North St. Paul they he won five section finals in 2004, 2005, 2006, 2007 and 2009. Hall has six state softball tournament appearances and won the state title in 2002 with Saint Bernards and with North St. Paul in 2007. Hall's most cherished coaching honor was being awarded Class A Coach of the Year in 2002 and Class AAA Coach of the Year in 2007. Hall enjoys spending time with his family and coaching softball. He is married to wife Coleen and has a stepson, Andrew and a daughter, Chelesa. Hall's resume boasts having coached 163 teams in softball, basketball and soccer.



Charlie Whitbred finishes his 28 years as a softball coach with a career record of 525 wins and 165 losses. He was the head coach at Park High School where he led the Wolfpack to 13 Conference titles and 13 Section titles. During this period he also made 13 state tournament appearances and won the state tournament once in 1993. He was the Minnesota Coach of the Year in 1993. He was a physical education teacher. Whitbred also enjoys fishing and spending time with his three grandchildren. He is married to Sandy and they have three children; Charles Jr and Kate.

= HEAT =



Natalie Lange

Lester Prairie/Holy Trinity/1B

Personal: Parents: John and Julie Lange Sisters: Nicole and Krista Lange

High School Coaches: Head Coach: Gene Starkey Assistant Coach: Lindsey Heiraas

Softball Top 10 List: 3-year letter winner, 1-year starter, All-State Academic, Captain 2010

Activities/Honors: "A" Honor roll all 4 years, 2-year letter winner for Volleyball, 4-year letter winner for Basketball, Basketball Captain 2010, Basketball Honorable Mention 2010, Graduated with high honors, 2010 MVP for Basketball, National Honor Society.

Future Plans: Mankato State Major: Physical Therapy

Boosters: Lester Prairie Booster Club



Lindsey Hubler

Apple Valley/P/SS/2B

Personal: Parents: Timothy and Sheila, Brother, Brett ,Sister, Cassandra

High School Coaches: Head Coach: Carla Christiansen, Assistant Coach: Bruce Wilson

Softball Top 10 List: 4 year letter winner, 3 year Varsity starter, 2008 Lake Conference- Honorable Mention, 2008 Apple Valley High School Varsity "Rookie of the Year", 2008 All Tournament Player – Apple Valley Classic, 2008 16 U pitched a no-hitter, 2009 First team All-Conference , set school records, #1 most Doubles in a season (2009), #3 most singles in a season (2009), #4 Best batting average (2009) Captain 2010

Activities/Honors: lettered in Basketball 2 years, Volunteer work, Church group, "Feed my starving children", Cancer research Group "Get your rear in gear" walk/run

Future Plans: Attend Northern State University in Aberdeen ,South Dakota on a softball scholarship and plans to major in Journalism

Boosters: Apple Valley Fastpitch Booster Club, Hubler family, Rich Foore ,Pitching Coach, Wilson Company



Kristen Fah

Becker/Pitcher

Personal: Parents: Ralph and DeAnna, Brother: Brian

High School Coaches: Head Coach: Jason Baune Assistant Coach: Matt O'Neill

Softball Top 10 List: 2009 Mississippi 8 Conference Player of the Year, 2008 Mississippi 8 Conference Pitcher of the Year, 2008 & 2009 St. Cloud Times Area Softball Player of the Year, 2008 and 2009 All State, 2008 & 2009 State Softball All Tournament Team, 2009 placed 5th at State, 2008 placed 3rd at State, 4-time All-Section, 4-time All-Conference, 5 Year Varsity Starter, Softball Captain in 2010

Activities/Honors: 2009 All Conference in Tennis, Tennis Captain 2009, 2010 Becker High School Female Athlete of the Year

Future Plans: Attend Minnesota State University-Mankato on a softball scholarship and plans to major in Pre-Medicine

Boosters: McDonald's – Becker MN, Becker Youth Sports Association, and Becker Blast



Jenna Moritz

New London Spicer/2B

Personal: Parents: Tom and Carla Brother: Jacob

High School Coaches: Head Coach: .Kevin Friedrich Assistant Coach(es): Ashley Powers and Erin Schumacher

Softball Top 10 List: 4 Year letter winner, 3 year Varsity starter, Team MVP, Team Best Hitter, All-Conference 2009 and 2010, All Section Team, All Area Team

Activities/Honors 5 Year letter winner in volleyball, Peer Helpers, SWAT

Future Plans: Minnesota State University Moorhead, Major undecided

Boosters: NLS Booster Club



Nikki Kothenbeutel

Sauk Rapids-Rice/SS

Personal: Parents: John and Lee Ann Siblings: Brother: Travis

High School Coaches: Head Coach: Kris Fremo Assistant Coach(es): Karl Nohner

Softball Top 10 List: 4 year letter winner, 4 year varsity starter, Captain 2010, All-Conference 2008 and 2009, All-Section 2008 and 2009, Team Rookie of the year 2007, Team Golden Glove Infield 2008, Team MVP 2008 and 2009, Team Batting Champ 2009, All-Area Honorable Mention 2009

Activities/Honors: Academic letter winner all 4 years, Finished in top ten of class, 4 year letter winner in volleyball, volleyball captain 2009, 5 year letter winner in hockey, hockey captain 2008-2009 and 2009-2010, All-Conference in volleyball and hockey sophomore through senior, 2009-2010 Times All-Area Hockey Player of the Year, National Honor Society, Project for Teens, volunteer work

Future Plans: Attend the University of Wisconsin-Eau Claire to play hockey and plan to major in communication science and disorders

Boosters: John "Rock" Johnstone and John Hall

= HEAT =



Chelsea Rachel

Maple Lake/CF

Personal: Parents: Don and Julie Rachel Sisters: Andrea, Shelby, and Linsey Brother: Derek

High School Coaches: Head Coach: Tim Knudsen Assistant: Julie Rachel and Leah Davis

Softball Top 10 List: 4 year letter winner, 4 year Varsity starter, All-Conference freshman-senior year, All-Section junior and senior year, Captain 2010, 2008 and 2009 State Runner-up, All-Tournament Team at State, All State Honorable Mention, CMC Conference Champions 5 years in a row

Activities/Honors: "A" honor roll 9-12, lettered in Academics, National Honor Society, Irish Mentor, lettered in Volleyball and Gymnastics all four years, captain for all three sports, CMC Player of the Year for volleyball, All-State Academic for volleyball, All Conference in volleyball and gymnastics, MVP in gymnastics, graduated with honors, and volunteer work

Future Plans: Attend the College of St. Benedict to play volleyball and maybe softball

Boosters: (N/A)



Jordan Iverson

Hawley High School/CF

Personal: Parents: Dwight and Mary Iverson, Brother: Joe Iverson

High School Coaches: Head Coach: Anita Heier Assistant Coaches: Clair Anderson, Sara Noreen

Softball Top 10 List: 6 year letter winner, All-Conference (08, 09), All-Section (08, 09), All-State HM (09), Captain (09, 10), Team MVP and Batting Title (09), State Participant (09), Midwest Showcase (Greenbay) Participant (09), MSHSL Record Holder

Activities/Honors: NHS, Captain and All-State Academic (Volleyball), 3-year State Participant and Captain for Science Olympiad, St Mary's Hospital Volunteer, DARE, Certified Open Water Scuba Diver, Lifeguard

Future Plans: Attend Southwest Minnesota State on a softball scholarship, plan to major in Pre-Med

Boosters: First Hawley Agency, Hawley Herald, Office Essentials Plus (Hawley)



Briana Baker

KMS/3B

Personal: Parents: Naomi Baker and late Tim Baker Siblings: Brother: Kyle

High School Coaches: Head Coach:...Eileen Suter Assistant Coach(es): Laura Suter and Jasmine Leikvoll

Softball Top 10 List: 3 year starter, All-Conference 2009, Hardest Worker 2009, Captain 2010, Camden Conference Champions 2007-2009

Activities/Honors: "A" honor roll, Volleyball, Band, Choir, SADD/Peer Helpers, National Honor Society, Luther League, Vacation Bible School, Relay for Life

Future Plans: Attend Gustavus Adolphus College

Boosters: KMS Sports Boosters



Kelly Wood

Eagan/ Catcher/3B

Personal: Ty and Laura, Sibling: Brother Tyson

High School Coaches: Head Coach: Courtney Dully Assistant Coaches: Roman Foore and Amy Borg

Softball Top 10 List: 4 year Varsity Starter and Letter Winner, 2010 & 2008 Team MVP, 2010 & 2009 Team Captain, 2009 All State, 2009 Defensive Player of the Year, 2009 Adidas Futures "Top-100" National uncommitted Players of the Year, 2009 & 2008 Offensive Player of the Year and All Conference, 2010-2009 - 2008 All Section, 2008 "AAA" State Champions, 2008 All State Honorable Mention

Activities/Honors: Presidential Award Winner Top 10% Class ranking, Student of the Year Award in Art, "A" Honor Roll all four years, National Arts Honor Society, National Languages Honor Society, State Art Merritt winner for Art portfolio, Lettered in Swimming .

Future Plans: Attend Minnesota State University-Mankato on a Softball Scholarship and plans to dual major in Psychology, Criminology with a minor in Spanish

Boosters: Eagan Fastpitch & EHS Softball



Madelynn Bilse

Eden Prairie/3B

Personal: Parents: Melinda and Jerry Bilse Siblings: Josh, Meredith and Jerry Bilse

High School Coaches: Head Coach: Dan Rubischko Assistant: Jourdan Politz

Softball Top 10 List: 3 year varsity starter, Rookie of the year 2008, Best Defensive Player 2009, Captain 2009, Honorable Mention Lake Conference 2009, Captain 2010.

Activities/Honors: Volleyball Captain 2009,

Future Plans: Attend the University of Minnesota Duluth on a softball scholarship. Plan on majoring in Exercise Science.

Boosters: N/A

= HEAT =



Bethany Brausen

Roseville H.S./SS

Personal: Parents David and Pam Brausen Siblings: Briana, Savannah

High School Coaches: Head Coach: Paula Buie Assistant Coach(es): Jeff Davies And Katie Dalen

Softball Top 10 List: Team Captain, Five years letterwinner, four year starter, three years all-conference hon. mention, 2009 all-conf. ,three yrs. raider hustle award ,two yrs. best defensive player

Activities/Honors: Roseville hockey two year captain, two years all-conf. hon. mention, three years all-conf., one year all state hon. mention, two years all state, five yrs. conf. champs, three yrs. sec. champs, four yrs. acad. champs, State tourney 4th place x2, 2010 state champions, all tournament team, all state Pioneer Press, Pioneer press player of the year, StarTribune all state first team, StarTribune metro player of the year, Sports Illustrated " Faces in the crowd" feature player, KARE 11 athlete of the week, St.Paul Lion's club Female Amateur athlete of the year, Ms. Hockey2010, four years A honor roll

Future Plans: Attend the University of Minnesota and play women's ice hockey on scholarship, major in journalism

Boosters: Brausen family Roseville softball



Leeza Tostenon

Park Rapids/Catcher



Coaches



Mary Holmberg has been the Morris Tigers head coach for 30 years. She is also the Athletic Director, drivers education, special education and physical education instructor. She has taught at Morris for 33 years, where she started the softball program. She is graduate of Moorhead State University BA and MA in Special Education High School graduate of Murdock, MN. Career coaching record of 445 wins and 213 losses for a total of 658 games. State tournament appearances in 1982, 1989, 1990, 1991, 1992, 1995, 1996. Section Runners Up in 1980, 1993, 1994, 2001. Section 6A coach of the year, 2009 Section 6A Athletic Director of Year. Her hobbies include kayaking, golfing, gardening, fishing, playing the saxophone, and jogging.



Julie Rachel is the assistant varsity softball coach for the Maple Lake Irish. She has been there for three years, winning the CMC Conference all 3, and taking 2nd at the State tournament for two consecutive years. During the 3 years she has been there, Maple Lake's record is 65-10-2. She has previously held head coaching positions for Howard Lake/Waverly and Rockford. A cherished coaching honor of hers is to have two of her daughters play together in both state championship games and both receive All-State honors. Julie is married to Don and they have five children Andrea, Chelsea, Derek, Shelby, and Linsey. She spends most of her time playing softball and volleyball herself along with attending her kids multiple sporting events.



2010 ACADEMIC ALL — STATE

| | | | |
|-----------------------|--------------------------------|-----------------------|-------------------------------|
| Andrea Moe | Ashby | Natalie Lange | Lester Prairie/Holy Trinity |
| Kelly Falk | Ashby | Allison Helget | Loyola High School |
| Kelsey Tjpekes | Blackduck High School | Elizabeth Karp | Loyola High School |
| Carli Randt | Brandon-Evansville | Laura Michaletz | Loyola High School |
| Kyrsten Karsky | CGB High School | Carly Haas | MACCRAY |
| Hannah Kallio | Cherry School | Caylee Hagemeyer | MACCRAY |
| Nicole Gillespie | Chokio-Alberta/Herman-Norcross | Chelsey Rachel | Maple Lake High School |
| Katrina Harper | Columbia Heights High School | Hilary Hogan | Maple Lake High School |
| Corrie Tews | Comfrey-Cedar Mountain | Alyssa Umbreit | Martin County West |
| Jaime Hanson | Comfrey-Cedar Mountain | Mindy Sommer | Minnesota Valley Lutheran |
| Carly Puch | Cook County | Danielle Kunkel | Mountain Lke/Butterfield-Odin |
| Brianna Salathe | Eagle Valley | Leah Eckstein | New Ulm Cathedral |
| Lisa Monson | East Central High School | Karen Brommenschenkel | Norman County West |
| Brittany Schmitz | Eden Valley Watkins | Caitlind Deboer | Ogilvie High School |
| Rachael Berg | Eden Valley Watkins | Melissa Green | Ogilvie High School |
| Glenn Hartman-Mattson | Ely | Alanna Parvi | Orr |
| Maggie Jesme | Ely | Hannah Cowden | Orr |
| Brea Vance | Floodwood | Hailey Rajdl | Osakis High School |
| Abby Non | Fosston | Alexandra Norell | Providence Academy |
| Katherine Laubenstein | Fosston | Anna Beddor | Providence Academy |
| Kelsey Curfman | Fosston | Jenna Brady | Providence Academy |
| Jaclyn Mickelson | Frazee | Rachel Frandrup | Randolph High School |
| Abby Osborne | GFW | Tara Cota | Red Lake Falls |
| Jamie Katzenmeyer | GFW | Mariah Mierau | Rushford-Peterson |
| Kayla Schuette | GFW | Ashlyn Krejci | Sacred Heart East Grand Forks |
| Rachel Schweiss | GFW | Alisha Hafner | Saint Agnes School |
| Laura Ramboldt | Goodhue | Lisa Miller | Saint Bernard's High School |
| Nicole Ryan | Goodhue | Marie Vestal | Saint Bernard's High School |
| Jordan Iverson | Hawley High School | Molly O'Neill | Saint Bernard's High School |
| Katelyn Kramer | Hayfield | Robin Audette | Saint Bernard's High School |
| Renee Stier | Hayfield | Bridget Martini | Sebeka |
| Courtney Johnson | Hill City School | Taylor Schwartz | Sebeka |
| Haley McNeil | Hill City School | Kirstin Sandstrom | Siver Bay |
| Kassandra Neary | Hill City School | Leah Siefkes | Sleepy Eye Public |
| Christine Klug | Hope Lutheran High School | Melissa Falk | Sleepy Eye Public |
| Jamie O'Laughlin | Hope Lutheran High School | Rebeccah Ahlrich | Sleepy Eye Public |
| Meredith Lee | Houston High School | Shelby Wells | Sleepy Eye Public |
| Nakita Coonrod | Janesville-Waldorf-Pemberton | Chelsi Kuebler | St. Mary's |
| Sandager Rachel | Kenyon-Wanamingo | Kelsey Sellner | St. Mary's |
| Brinna Baker | Kerkhoven/Murdock/Sunburg | Brittany Larson | Tracy Area High School |
| Britta Diem | Kerkhoven/Murdock/Sunburg | Michelle Lenertz | Tracy Area High School |
| Melissa Just | Kerkhoven/Murdock/Sunburg | Shea Lanoue | Tracy Area High School |
| Abigail Zoller | Kimball Area High School | Megan Jacobson | United South Central |
| Kelsey Vigoren | Kimball Area High School | Shelby Latusek | United South Central |
| Shantel Tschida | Kimball Area High School | Jordan Simpson | Waterville Elysian Morristown |
| Tesslynn Callander | Kimball Area High School | Lisa Poole | Wheaton |
| Ali Hasbargen | Lake of the Woods | Chelsey Johnson | Windom Area High School |
| Amber Stavig | Lake of the Woods | Mindy Fjeld | Windom Area High School |
| Rebecca Ney | Lake of the Woods | Summer Stevens | Windom Area High School |
| Christine McIntire | Lake Park Audubon High School | Lauren Trudel | Yellow Medicine East |
| Megan Erickson | Lake Park Audubon High School | Courtney Stender | Belle Plaine |
| Dana Boerboom | Lakeview | Jenny Schmitz | Belle Plaine |
| Ana Hartwig | Lester Prairie/Holy Trinity | Maura Flaherty | Belle Plaine |
| Katie Switzer | Willmar HS | Hannah Laudenschach | Technical High School |
| Jenna Mettler | Nicollet | Stephanie Boettcher | Technical High School |
| | | Ellie Heid | Totino-Grace |



2010 ACADEMIC ALL — STATE

| | | | |
|---------------------|------------------------------------|----------------------|-------------------------|
| Ashleigh Campbell | Blue Earth Area | Caitlin Eustice | Mora |
| Bridget Moore | Blue Earth Area | Mary Rentz | Morris Area |
| Mary Johnson | Blue Earth Area | Laura Hoogeveen | Mound Westonka |
| Shelby Pearson | Blue Earth Area | Becca Dauk | New London-Spicer |
| Kaytlin Remold | Byron High School | Trisha Johnson | New Ulm High School |
| Sam Toft | Byron High School | Jady Beenken | NRHEG |
| Sammy Redman | Chatfield | Laura Randall | Orono High School |
| Erin Stegman | Crookston High School | Haley Cunningham | Park Center Sr High |
| Kristin Remick | Crookston High School | Taylor Haag | Paynesville Area |
| Evan Babekuhl | Dassel-Cokato High School | Kaiti Pahl | Pequot Lakes |
| Hallie Isaacson | Dassel-Cokato High School | Brittnee Hersch | Perham High School |
| Megan Nyquist | Dassel-Cokato High School | Jessica Speicher | Perham High School |
| Abby Vidmar | Delano High School | Kaila Formanek | Perham High School |
| Ann Berglund | Delano High School | Kristina Januszewski | Perham High School |
| Hannah Champion | Delano High School | Tiana Lynne | Perham High School |
| Jessica Prinsen | Delano High School | Kayla Weiss | Pine City High School |
| Shay Shlettedahl | Delano High School | Laura Linzmeier | Pine City High School |
| Noelle Roden | DeLaSalle | Megan Englund | Pine Island |
| Kaitlin Bagley | Duluth Denfeld | Brooke Woelber | Pipestone Area |
| Rebecca Jensch | Esko High School | Emily Aaland | Pipestone Area |
| Cristina Masten | Fergus Falls High School | Taylor Swenson | Pipestone Area |
| Janelle Beske | Fergus Falls High School | Nichole Schroeder | Red Rock Central |
| Kate Angulski | Fergus Falls High School | Kirstin Bigelbach | Red Wing High School |
| Kd Lassi | Fridley High School | Megan Fleming | Red Wing High School |
| Ellen Folman | Hermantown | Sarah Walch | Red Wing High School |
| Julia Gilbert | Hermantown | Kelsey Athmann | ROCORI |
| Megan Mullen | Hermantown | Brittany Burkel | Roseau |
| Stephanie Thun | Hermantown | Caitlin Olson | Saint James |
| Christine Bobrowske | Howard Lake-Waverly-Winsted | Karin Gore | Saint Peter High School |
| Tessa Ewert | Hutchinson High School | Chelsea Donnay | Sauk Centre |
| Angela Traetow | Jackson County Central | Danielle Gapinski | Sauk Centre |
| Chelsey Mitchell | Jackson County Central | Rachel Gruber | Sauk Centre |
| Stacey Schuller | Jackson County Central | Kjersti Fried | Spring Grove /Caledonia |
| Beth Colosey | Jordan High School | Lindsey Bratland | Spring Grove /Caledonia |
| Heidi Laabs | Jordan High School | Hannah Osteraas | St. Anthony Village |
| Lauren Weierke | Jordan High School | Jyll Tusa | St. Anthony Village |
| Nora Hamer | Jordan High School | Katie Turner | St. Anthony Village |
| Brittany Brenke | LeSueur-Henderson | Madison Stahel | St. Anthony Village |
| Jenna Retka | LeSueur-Henderson | Rosie Jacobs | St. Anthony Village |
| Rachelle Blaschko | LeSueur-Henderson | Emily Ruegemer | St. Cloud Cathedral |
| Jessie Clark | LINCOLN HIGH SCHOOL | Marlee Stesin | The Blake School |
| Rachel Hanson | LINCOLN HIGH SCHOOL | Natalie Gould | The Blake School |
| Becky Farmer | Litchfield High School | Kaitlyn Knutson | Triton |
| Anastasia Reier | Little Falls Community High School | Kamry Long | Triton |
| Kat Dahl | Luverne | Megan Coffman | Triton |
| Steph Schultz | Luverne | Taylor Staffon | Triton |
| Christa Wolner | Mankato East | Nikki Jasura | Virginia |
| Tara Werkmeister | Mankato East | Amanda Perkins | Wadena Deer Creek |
| Jordan Ploeger | Milaca | Avery Jackson | Wadena Deer Creek |
| Traci Otten | Milaca | Christina Wolden | Wadena Deer Creek |
| Jaci Clauson | Montevideo | Jessica Wegsheid | Wadena Deer Creek |
| Karrissa Larson | Montevideo | Kelly Defoe | Wadena Deer Creek |
| Laura Keogh | Montgomery-Lonsdale | Leah Dykhoff | Wadena Deer Creek |
| | | Lexi Hoemberg | Wadena Deer Creek |



2010 ACADEMIC ALL— STATE

| | | | |
|--------------------|---------------------------|-------------------|-----------------------------|
| Megan Popp | Wadena Deer Creek | Michaela Smith | Faribault High School |
| Samantha Holweger | Wadena Deer Creek | Lexi Alm | Forest Lake |
| Steph Hahn | Wadena Deer Creek | Samantha Holien | Forest Lake |
| Kallie McBride | Warroad | Molly Gallop | Hopkins High School |
| Miranda Pearson | Warroad | Nicole Kroehler | Lakeville North High School |
| Sarah Kruse | Zumbrota Mazeppa | Rachael Sorenson | Lakeville North High School |
| Kate Gearman | Alexandria | Helen Jantscher | Lakeville South |
| Teya Burgau | Alexandria | Karlie Day | Lakeville South |
| Anna Ganter | Andover | Becca Ludewig | Mankato West |
| Jessica Weaver | Andover | Gena Chester | Mankato West |
| Brooke Maciver | Anoka High School | Katie Goettl | Mankato West |
| Lisa Knapek | Anoka High School | Rita Hurd | Mankato West |
| Carrie Mason | Apple Valley High School | Juhee Kwon | Maple Grove Senior High |
| Kelsey Kyle | Apple Valley High School | Kelsey Bies | Maple Grove Senior High |
| Jenny Doeden | Armstrong | Shanna Sticka | Maple Grove Senior High |
| Melanie Robertson | Armstrong | Jessica Zimmerman | Monticello |
| Rachel Gove | Armstrong | Kaitlyn Ferguson | Monticello |
| Ashley Crump | Austin High School | Rachelle Rambur | Monticello |
| Bri Mayer | Austin High School | Danielle Kukowski | Moorhead High School |
| Kaycee Lukes | Austin High School | Erica Jossund | Moorhead High School |
| Sara Alms | Austin High School | Hailey Johnson | Moorhead High School |
| Caitlin Ritchie | Benilde-St. Margaret's | Samantha Taylor | Moorhead High School |
| Madelyn Gallagher | Benilde-St. Margaret's | Anna Gorman | Mounds View HS |
| Meredith Gallagher | Benilde-St. Margaret's | Bekah Roth | Mounds View HS |
| Rachel Hoemke | Benilde-St. Margaret's | Kathryn Hoyme | Mounds View HS |
| Leah Budenski | Bloomington Kennedy | Jessica Hoffman | New Prague |
| Kylee Kunde | Brainerd Senior High | Kalee Torp | New Prague |
| Zoe Houle | Brainerd Senior High | Quiana Quam | North Branch |
| Laryssa Erickson | Centennial High School | Maria Bothwell | North High School (NSP) |
| Sarah L'Allier | Centennial High School | Morgan Zabel | Northfield High School |
| Sheila Cassidy | Centennial High School | Riley Seitz | Northfield High School |
| Halie Chelstrom | Champlin Park | Anna Hegdahl | Osseo Senior High |
| Megan Dalbec | Champlin Park | Rebecca Girvan | Osseo Senior High |
| Ellen Degler | Chaska High School | Kasi Baker | Park High School |
| Emily Marshall | Chaska High School | Nicole Galloway | Park High School |
| Megan Kettler | Chaska High School | Emily Gregory | Prior Lake High School |
| Amanda Houle | Chisago Lakes High School | Kaitlyn Roth | Richfield High School |
| Rachel Nelson | Chisago Lakes High School | Jessica Goeke | Rochester Century |
| Shannon Monson | Chisago Lakes High School | Keeley Laughlin | Rochester Century |
| Lauren Roy | Coon Rapids High School | Kristen Thelen | Rochester John Marshall |
| Erin Kelly | Cretin-Derham Hall | Nicole Erickson | Rochester John Marshall |
| Jenna Hoffman | Cretin-Derham Hall | Emily Jaspersen | Rochester Mayo |
| Katie Cullen | Cretin-Derham Hall | Emma Leof | Rochester Mayo |
| Maria McQuillan | Cretin-Derham Hall | Kaitlin Heikkinen | Rogers High School |
| Sally Boland | Cretin-Derham Hall | Kelly Birkholz | Rosemount |
| Alyssa Seipel | Eagan High School | Allie Duellman | Roseville Area High School |
| Bree Blanchette | Eagan High School | Alyssa Miller | Roseville Area High School |
| Kelly Wood | Eagan High School | Bethany Brausen | Roseville Area High School |
| Laura Brenberg | Eastview HS | Ellen Ibister | Roseville Area High School |
| Lindsay Spanton | Eastview HS | Katey Meehan | Roseville Area High School |
| Christine Hedstrom | Elk River High School | Melissa Lowen | Roseville Area High School |
| Kayli Ott | Elk River High School | Beth Kadriik | Simley |
| Caitlin Bonde | Faribault High School | Alyssa Luedtke | Spring Lake Park |
| Jenna Henry | Faribault High School | Amanda Luby | St. Francis |
| Jenna Peanasky | Faribault High School | Shauney Moen | St. Francis |
| Katie Kaderlik | Faribault High School | Kayla Christensen | Stillwater Area High School |

★ 2009 All Star Players and Coaches ★



Lightning Roster: Alyssa Dunrud, Kate Rentschler, Callie Dahl, Anna Marie Martino, Taylor Stippel, Brittany Lenander, Sara Luhmann, Kia Johnson, Whitney Nelson, Ali Siu, Nicole Pedersen, Sam Lynn
Coaches: Angie Ryan and Erin Casey



Ice Roster: Ellen Becker, Laura Bellamy, Sara Laudner, Kaitlin DuChene, Chelsea Molacek, Anna Buege, Melissa Lenzi, Laura Kolness, Ashley Forstrom, Amy Berg, Kelly Olson, Sara Beyer
Coaches: Kim Bowen and Kathy Mason



Breeze Roster: Ashley Veroeven, Jessica Hegseth, Kari Dorle, Brandi Bodin, Ashley Goettl, Alyssa Black, Kelsey Waltz, Whitney Wisecup, Elizabeth Mrozek, Sarah Gunderson, Paige Carter, Amanda Fagen
Coaches: Don Krusemark and Amanda Kozitza



Blizzard Roster: Ashley Kluever, Darcey Roach, Shannon Carleton, Marcie Woitas, Jessica Althoff, Michaela Goris, Kierra Jeffers, Steph Rudie, Ally Koski, Chelsi Winskowski, Katie Larson, Christina Riester
Coaches: Jason Baune and James Wajer



Thunder Roster: Angie Chuba, Nicole Bart, Jenna Olson, Kelsey Pekarna, Jess Wilson, Jess Wilson, Maria Leidner, Hayley Buchanan, Meagan Bye, Kelsey Proell, Jessica Klein, Jennifer Ulmen, Lauryn Morris
Coaches: Tim Knudsen and John Stigman



Heat Roster: Becca Loose, Katie Wellens, Pamela January, Jessi St. Marie, Jennifer Ramey, Greta Chizek, Brittini Bayers, Kayla Altmann, Kelsey Olson, Heather Annis, Hailey Ohl, Sarah Carlson
Coaches: Mick Ramey and Marco Machado