



# UPPER MIDWEST ATHLETIC CONFERENCE



## Player of the Week Awards | October 16- October 22 | Page 1

### PLAYER OF THE WEEK AWARDS

<u>SPORT</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>YR</u>	<u>POS</u>
Football North Division Offensive	Jeff Karschnik	Minnesota-Morris	JR	QB
Football North Division Defensive	Spencer Sommerlot	Northwestern College	SO	LB
Football South Division Offensive	Nick Peterson	Maranatha Baptist	SR	QB
Football South Division Defensive	Eric Guzik	Rockford College	SR	DE
Men's Soccer Offensive	Jonathan Herron	Northland College	SO	F
Women's Soccer Offensive	Stephanie Clark	Minnesota-Morris	SR	F
Women's Soccer Defensive	Ellyn Litecky	St. Scholastica	FR	D
Volleyball Hitter	Sarah Whitmore	Northwestern College	FR	MH
Volleyball Setter	Sarah Zosel	Northwestern College	SR	S
Volleyball Defensive Specialist	Jennifer Bourdon	Presentation College	SR	DS

#### Football North Division Offensive

Junior quarterback Jeff Karschnik (Windom, MN) of the University of Minnesota-Morris has been named the UMAC North Division offensive player of the week. Karschnik was 17-35 passing for 278 yards and three touchdowns in the Cougars win over Crown College. He also had three carries for 18 yards and a score in the game to give him 296 yards in total offense.

#### Football North Division Defensive

Northwestern College sophomore linebacker Spencer Sommerlot (Pochahontas, IA) is this week's UMAC North Division defensive player of the week. In the Eagles win over Trinity Bible, Sommerlot had six total tackles, two solo and four assisted. He had two tackles for loss, 1.5 sacks and one forced fumble.

#### Football South Division Offensive

Nick Peterson of Maranatha Baptist has been named the UMAC South Division offensive player of the week. A senior quarterback, Peterson (Longmont, CO) was 14-25 passing for 200 yards and two touchdowns in the Crusader win over Blackburn College.

#### Football South Division Defensive

This week's UMAC South Division defensive player of the week is Eric Guzik of Rockford College. Guzik (Sr. Elk Grove, IL) had seven tackles, six of those solo tackles in the regents win over Martin Luther College. He also had a pair of fumble recoveries in the game.



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# PLAYER OF THE WEEK AWARDS

### Men's Soccer Offensive

Northland College forward Jonathan Herron as been selected at the UMAC men's soccer offensive player of the week. Herron (So. Madison, WI) had a hat trick against Crown College last week, leading the Lumberjacks to a 4-0 win and a spot in the UMAC post-sesaon tournament. He also had a goal in the game against Northwestern College.

### Women's Soccer Offensive

University of Minnesota-Morris senior Stephannie Clark is this weeks UMAC women's soccer offensive player of the week. Clark (Colorado Springs, CO) had a big week in her final games at home for the Cougars with five goals, five assists and eight shots on goal in the three wins for UMM

### Women's Soccer Defensive

This week's UMAC women's soccer defensive player of the week winner is Ellyn Litecky of St. Scholastica. Litecky (Fr. Duluth, MN) scored her first collegiate goal off a corner kick against Northland College. One of the key defenders for the Saints, she has been part of the CSS defense that has held UMAC opponents to 2 goals in 14 games.

### Volleyball Hitter

Sarah Whitmore of Northwestern College is the UMAC volleyball hitter of the week. Whitmore (Fr. Prior Lake, MN) led the Eagles to two wins last week, including handing Martin Luther College their fist conference loss of the seson. She had 34 kills (3.4/gm) and had a career high 18 against Bethany Lutheran.

### Volleyball Setter

Sarah Zosel of Northwestern College has been named the UMAC setter of the week for the second straight week. Zosel (Sr. Elk River, MN) had 110 assists (10.1/gm) for the Eagles in two matches last week. Her 61 against martin Luther was a new season high, two shy of her career high.

### Volleyball Defensive Specialist

For the second consecutive week, Jennifer Bourdon (Sr. Duck Lake, SK) of Presentation College has been named the UMAC volleyball defensive specialist of the week. In three matches Bourdon had 69 digs, including 37 against St. Scholastica and added 10 ace serves.e