



# UPPER MIDWEST ATHLETIC CONFERENCE



## Player of the Week Awards | October 2- October 8 | Page 1

### PLAYER OF THE WEEK AWARDS

SPORT	ATHLETE	SCHOOL	YR	POS
Football North Division Offensive	Matt Bremer	Crown College	JR	QB
Football North Division Defensive	Max Meagher	Northwestern College	SR	LB
Football North Division Special Teams	Caleb Free	Martin Luther	SO	P
Football South Division Offensive	Rob Frytz	Rockford College	SR	RB
Football South Division Defensive	Josh Pierce	Westminster College	SR	DT
Football South Division Special Teams	Michael Wicks	Rockford College	JR	K/P RTN
Men's Soccer Offensive	Collin Heupel	Presentation College	FR	
Men's Soccer Defensive	Timothy Haiar	Presentation College	Fr	D
Women's Soccer Offensive	Stephanie Lally	Crown College	FR	MF
Women's Soccer Defensive	Kelly Momson	St. Scholastica	JR	GK
Volleyball Hitter	Leslie Bremer	Bethany Lutheran	JR	MH
Volleyball Setter	Sarah Zosel	Northwestern College	SR	S
Volleyball Defensive Specialist	Jennifer Bourdon	Presentation College	SR	LIB
Men's Golf	Ryan Shpak	Crown College	FR	
Women's Golf	Emma Schlosser	Minnesota-Morris	SO	
Women's Cross Country	Kateryna Zhdanovych	Minnesota-Morris	SO	
Men's Cross Country	Paul Kanzenbach	Martin Luther College	SR	

#### Football North Division Offensive

Junior quarterback Matt Bremer of Crown College has been named as the UMAC North Division offensive player of the week. Bremer (Corvallis, OR) led the Storm to a 29-7 win over Trinity Bible with 334 yards in total offense. He had 146 yards rushing with two TD's and was 10-20 passing for another 188 yards and two scores.

#### Football North Division Defensive

Linebacker Max Meagher (Sr. Paynesville, MN) of Northwestern College is this weeks UMAC North Division defensive player of the week. In the Eagles 20-19 win over Martin Luther College, Meagher had 11 total tackles, eight solo and three assisted. He also had 1 tackle for loss and one sack in the game.

#### Football North Division Special Teams

This weeks UMAC North Division special teams player of the week is Martin Luther punter Caleb Free. Free (So. Plover, WI) averaged 42.7 yards per punt in three attempts in the game with Northwestern College with a long of 47 and his high punts helped produce a net average of 38.7 yards per punt.

#### Football South Division Offensive

Rockford running back Rob Frytz (Sr. Lombard, IL) has earned the South Division offensive player of the week. Frytz had 66 yards on just nine carries (7.3 avg.) and two touchdowns in the Regents win over Principia College.

#### Football South Division Defensive

Josh Pierce of Westminster College is this weeks UMAC South Division defensive player of the week. Pierce (Sr. Winfield, MO) had seven total tackles, four solo and three assisted in the Blue Jay win over Blackburn College. He added 2.5 tackles for loss and one sack.

#### Football South Division Special Teams

The UMAC South Division special teams player of the week is Michael Wicks of Rockford College. Wicks (Jr. Rockton, IL) had two punt returns and a kickoff return for a total of 54 yards in the win over Principia College.



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# PLAYER OF THE WEEK AWARDS

### Men's Soccer Offensive

Collin Heupel of Presentation College has earned this weeks UMAC men's soccer offensive player of the week award. Heupel (Fr. Aberdeen, SD) had one goal and two assists in the Saints win over Waldorf and added one goal in the win over St. Scholastica. The win over CSS put Presentation in a tie for first place in the league.

### Men's Soccer Defensive

Presentation College center defender Timothy Haiar (Fr. Aberdeen, SD) has been named the UMAC men's soccer defensive player of the week. Haiar led the Saints to three wins last week including a win over St. Scholastica Saturday that put Presentation College in a first place tie in the UMAC. Two of the wins were shutouts and the Saints allowed just one goal.

### Women's Soccer Offensive

Leading Crown College to four wins last week with 10 total goals and three assists, has earned Stephanie Lally (Fr. Princeton, NJ) UMAC women's soccer offensive player of the week. Lally had four goals alone in the Storm win over North Central University.

### Women's Soccer Defensive

Kelly Momsen of St. Scholastica is this weeks UMAC women's soccer defensive player of the week. It is the third time this season she has won the award. Momsen (Jr. Austin, MN) led the Saints to a pair of conferece wins last week with eight saves, including six in the second half of the win over Minnesota-Morris Sunday. She now has six shutouts on the season.

### Volleyball Hitter

Leslie Bremer of Bethany Lutheran College is this weeks UMAC hitter of the week. Bremer (Jr. Truman, MN) had 29 kills and eight blocks as the Vikings went 1-1 in conference play last week. For the season she has 295 kills.

### Volleyball Setter

Sarah Zosel of Northwestern College has been named the UMAC setter of the week. Zosel (Sr. Elk River, MN) led the Eagles to a pair of conference wins last week with 95 set assists (11.9assists/gm) and 29 digs.

### Volleyball Defensive Specialist

Jennifer Bourdon (Sr. Duck Lake, SK) is this weeks defensive specialist of the week in the UMAC. Bourdon had 44 digs in two matches, 21 against Martin Luther and 23 versus Bethany Lutheran, including four ace serves against MLC.

### Women's Golf

Emma Schlosser (So. Nelson, MN) of Minnesota-Morris won the first ever UMAC women's golf individual medalist title last weekend to earn women's golfer of the week in the UMAC. Schlosser carded a 183 (96-87) to win Player of the Year/Individual Champion honors

### Men's Golf

Freshman Ryan Shpak of Crown College is this weeks UMAC men's golfer of the week. Shpak (Weston, FL) won the 2006 men's golf championship with a five over 149 (73-76) and was named men's Player of the Year/Individual Champion

### Men's Cross Country

This week's men's cross country athlete of the week is Martin Luther's Paul Kanzenbach (Sr. Watertown, SD.). Paul helped lead the Knights to first place by finishing eighth with a time of 30:13 at the MLC Invitafinal. Kanzenbach is a positive leader and hard worker.

### Women's Cross Country

Katereyna Zhdanovych of Minnesota-Morris had been named this week's UMAC women's cross country athlete of the week. Zhdanovych (So. Morris, MN) was third overall at the Martin Luther Invitational with a time of 24:29.0 and helped UMM to a second place finish