



# UPPER MIDWEST ATHLETIC CONFERENCE



## Player of the Week Awards | October 23- October 29 | Page 1

### PLAYER OF THE WEEK AWARDS

SPORT	ATHLETE	SCHOOL	YR	POS
Football North Division Offensive	Jeff Karschnik	Minnesota-Morris	JR	QB
Football North Division Defensive	Sean Gremmels	Minnesota-Morris	JR	LB
Football North Division Special Teams	Kyle Thomforde	Northwestern College	SO	KR
Football South Division Offensive	Jeff Cihlar	Rockford College	JR	OL
Football South Division Defensive	Tom Marcum	Rockford College	JR'	DB
Men's Soccer Offensive	Andrew Young	Northwestern College	SR	F
Women's Soccer Offensive	Stephanie Lally	Crown College	FR	MF
Volleyball Hitter	Rachel Meyer	Martin Luther College	SR	OH
Volleyball Setter	Katie Berscheit	College of St. Scholastica	SO	S
Volleyball Defensive Specialist	Jennifer Bourdon	Presentation College	SR	DS
Men's Cross Country	Tom Moldenhauer	Martin Luther College	SR	
Women's Cross Country	Anna Bourman	Martin Luther College	SR	

#### 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 for the second straight week. Karschnik was 16-27 passing for 163 yards and four touchdowns in the Cougars 27-20 overtime win against Rockford College last Friday. He was 5-7 with three TD's in the fourth quarter and overtime period alone.

#### Football North Division Defensive

Minnesota-Morris junior linebacker Sean Gremmels is the UMAC North Division defensive player of the week. Gremmels (Glenwood, MN) had 14 total tackles (3 solo, 11 assisted) in the win over Rockford College in the UMAC championship game. He also had a fumble recovery that led to the game tying touchdown in the fourth quarter that helped force overtime.

#### Football North Division Defensive

Kyle Thomforde of Northwestern College is this week's UMAC North Division special teams player of the week. Thomforde (So. Northfield, MN) took the game's opening kick-off 85 yards for a touchdown in the Eagles 39-18 win over Westminster College at the 2006 UMAC Dome Day. He had two kick returns for 102 yards in the game.

#### Football South Division Offensive

Jeff Cihlar (Jr. Woodside, IL) has been named the UMAC South Division offensive player of the week. Cihlar anchored the offensive line that gained 255 yards of total offense, including 200 yards rushing in the game against Minnesota-Morris. Going into Friday's game, the Regents rushing offense was ranked 12th in the nation in Div. III.

#### Football South Division Defensive

This week's UMAC South Division defensive player of the week is Tom Marcum of Rockford College. Marcum (Jr. LeRoy, IL) finished with 11 total tackles (3 solo, 8 assisted) in the game with Minnesota-Morris last Friday. He holds the Rockford record for interceptions in a game (2), season (7) and career (14).



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# PLAYER OF THE WEEK AWARDS

### Men's Soccer Offensive

Senior forward Andrew Young of Northwestern College has been selected as this week's UMAC men's soccer offensive player of the week. Young (Duluth, MN) scored the games only goal and game winning goal in the Eagles 1-0 win over Clarke College last week. He had two shots total in the game, one shot on goal.

### Women's Soccer Offensive

Stephanie Lally of Crown College is this week's UMAC women's soccer offensive player of the week. Lally (Fr. Princeton, NJ) had five goals, including four goals in a 7-0 win over Faith Baptist, two assists and nine shots in goal in a pair of wins for the Storm last week to help lead Crown College to the NCCAA Regional Tournament Championship.

### Volleyball Hitter

Martin Luther College senior outside hitter Rachel Meyer is the UMAC volleyball hitter of the week. Meyer (Sr. Milwaukee, WI) helped the Knights claim the 2006 UMAC volleyball regular season title with three wins. She had 75 kills (6.8 per game) 11 blocks and a .425 attack percent. She has 495 kills on the year, setting school record for the third consecutive year.

### Volleyball Setter

Sophomore Kati Berscheit of St. Scholastica is the UMAC setter of the week. Berscheit (Melrose, MN) had 135 assists in 330 attempts and only three errors as CSS won two of three matches last week. She had 59 set assists in the match against Northwestern College. Berscheit added 16 ace serves and 30 digs.

### Volleyball Defensive Specialist

For the fourth consecutive week, Presentation College libero Jennifer Bourdon has earned the UMAC volleyball defensive specialist of the week. Bourdon (Sr. Duck Lake, SK) recorded 80 digs and six ace serves. She had 29 digs against Minnesota-Morris in a key win for the Saints that helped put them into the UMAC post-season tournament.

### Women's Cross Country

Anna Bourman of Martin Luther College is this week's UMAC women's cross country athlete of the week. Bourman (Sr. Rochester, MN) won UMAC individual medalist honors over the weekend at the 2006 UMAC championships in St. Paul. She ran a 23:47 to win the event, the same identical time she ran as a sophomore in 2004 when she took medalist honors. It was her third time earning all-conference honors.

### Men's Cross Country

Martin Luther senior Thomas Moldenhauer (West Allis, WI) is the UMAC men's cross country athlete of the week. Moldenhauer claimed his third straight UMAC individual medalist crown with a time of 27:06.07. He is a four time UMAC all-conference athlete.