



# UPPER MIDWEST ATHLETIC CONFERENCE



## Player of the Week Awards | September 25- October 1 | Page 1

### PLAYER OF THE WEEK AWARDS

SPORT	ATHLETE	SCHOOL	YR	POS
Football North Division Offensive	Matt Fragodt	Minnesota-Morris	SO	WR
Football North Division Defensive	Leonard Matthias	Minnesota-Morris	SR	DB
Football North Division Special Teams	Sannon Norick	Trinity Bible	JR	P
Football South Division Offensive	Matt Muscia	Rockford College	SO	QB
Football South Division Defensive	Brad Shaner	Blackburn College	SO	LB
Men's Soccer Offensive	Nick Becker	Presentation College	JR	F
Men's Soccer Defensive	Evan Ormand	Presentation College	SR	GK
Women's Soccer Offensive	Nina Jarnot	Minnesota-Morris	FR	STK
Women's Soccer Defensive	Becky Fisher	St. Scholastica	JR	D
Volleyball Hitter	Kathryne Engel	Northwestern College	SO	OH
Volleyball Setter	Sarah Zosel	Northwestern College	SR	S
Volleyball Defensive Specialist	Diana Moody	St. Scholastica	JR	LIB
Men's Golf	Drew Meier	Northwestern College	FR	
Women's Cross Country	Gretchen Kock	Martin Luther College	JR	
Men's Cross Country	Loren Milbrath	Martin Luther College	JR	

#### Football North Division Offensive

University of Minnesota-Morris wide receiver Matt Fragodt is the UMAC North Division offensive player of the week. Fragodt (So. Becker, MN) had a season high nine receptions for 156 yards and two touchdowns in the Cougars 17-14 overtime win at Northwestern Saturday. The nine receptions ties a career high.

#### Football North Division Defensive

Leonard Matthias (Baudette, MN) of the University of Minnesota-Morris has been named the UMAC North Division player of the week. The senior defensive back had six solo tackles, a tackle for loss and one interception, his third of the season, in the game against Northwestern College

#### Football North Division Special Teams

Sannon Norick came off an injury and had a solid game punting for Trinity Bible to earn UMAC North Division player of the week honors. Norick (Jr. Chester, MT) had seven punts for 283 yards, averaging 40.4 yards per kick. He had one punt of 59 yards and two he put down inside the 20 yard line.

#### Football South Division Offensive

Sophomore QB Matt Muscia of Rockford College is the UMAC South Division offensive player of the week. Muscia (Chicago, IL) was 8-17 passing for 114 yards. Of those eight completions, three went for touchdowns as Rockford defeated Westminster College for the first time in school history.

#### Football South Division Defensive

Blackburn College sophomore linebacker Brad Shaner is this weeks UMAC South Division defensive player of the week. Shaner (Robinson, IL) forced two fumbles, recorded a safety and had a 48 yard interception return for a score in the Beavers win over Crown College



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# PLAYER OF THE WEEK AWARDS

### Men's Soccer Offensive

Nick Becker (Aberdeen, SD) of Presentation College has earned this week's UMAC men's soccer offensive player of the week award. The junior forward helped lead the Saints to three conference wins with three goals, two of those being game winning goals and he had two assists.

### Men's Soccer Defensive

For the second time this season, Presentation College senior goal keeper Evan Ormand has been named the UMAC men's soccer defensive player of the week. Ormand (Aberdeen, SD) had three shutout conference wins in the nets for the Saints and had 13 saves in the three games. For the year he has a .828 save percentage and a 1.08 GA average.

### Women's Soccer Offensive

Nina Jarnot (Fr. Sartell, MN) of the Univeristy of Minnesota-Morris is the UMAC women's soccer offensive player of the week. She lead UMM to three wins in conference action last week with five goals, two of which were game winning goals and she had one assist. The Cougars have won six straight and Jarnot has at least one goal in each of those six games

### Women's Soccer Defensive

With solid defensive play for St. Scholastica last week, Becky Fisher (Jr. White Bear Lake, MN) has been named the UMAC women's soccer defensive player of the week. The Saints had three shutouts last week and Becky usually had the task of marking the top scorer for the opposition.

### Volleyball Hitter

Averaging 4.48 kills per game, Kathryn Engel of Northwestern College is this week's UMAC volleyball hitter of the week. Engel (So. Wayzata, MN) had 94 kills in five matches in 250 attempts and added six solo blocks and 12 assisted blocks. She had 26 kills in two of the five matches for the Eagles

### Volleyball Setter

Northwestern College setter Sarah Zosel (Sr. Elk River, MN) has earned the UMAC volleyball setter of the week. In five matches last week, Zosel had 240 assists, 11.4 per game and nine ace serves as the Eagles went 3-2. Zosel had three matches with at least 51 set assists, with 56 against North Central University, 51 versus Minnesota-Morris and 52 against Martin Luther College

### Volleyball Defensive Specialist

Junior Libero Diana Moody (Hibbing, MN) of St. Scholastica has been named the UMAC volleyball defensive player of the week. In the Saints four matches at the UMAC crossover, Moody had 69 digs and 62 serve attempts with no serving errors with 3 ace serves.

### Men's Golf

Northwestern's Drew Meier (Fr. Omaha, NE) is this weeks UMAC men's golfer of the week. At the four team Northwestern College Invitational, Drew tied for 8th with a nine over 81. Then at the triangular with Bethany Lutheran and Crown College, Meier tied for second with a round of 77 (+5).

### Men's Cross Country

This week's men's cross country athlete of the week is Loren Milbrath of Martin Luther College. Milbrath (Fr. Owosso, MI) finished 28th at the UW-Eau Claire meet with a time of 26:43, leading MLC to a 12th place finish.

### Women's Cross Country

Gretchen Kock (Saginaw, MI) of Martin Luther College is this week's UMAC women's cross country athlete of the week. The junior finished with a time of 27:39 at the UW-Eau Claire meet. Kock is the number two runner for the Knights who has continued to improve with every meet and helped MLC to a 15th place finish out of 23 teams.