



## UPPER MIDWEST ATHLETIC CONFERENCE

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### PLAYER OF THE WEEK AWARDS

Sport	Athlete	School	YR	POS
Football North Division Offensive	Matt Fragodt	Minnesota-Morris	JR	WR
Football North Division Defensive	Isaac Appel	Trinity Bible	FR	LB
Football South Division Offensive	Tony Lagrone	Blackburn	SR	RB
Football South Division Defensive	Danny Kleinhenz	Principia	SO	LB
Men's Soccer Offensive	Leslie Jeanville	Presentation	SR	F
Men's Soccer Defensive	Tyler Lutz	Presentation	FR	GK
Women's Soccer Offensive	Nina Jarnot	Minnesota-Morris	SO	F
Women's Soccer Defensive	Kelly Momsen	St. Scholastica	SR	GK
Volleyball Hitter	Heidi Meier	Presentation	JR	MH/OH
Volleyball Setter	Hillary Slagter	Northwestern	SO	S/OH
Volleyball Defensive Specialist	Sarah Whitmore	Northwestern	SO	MB
Men's Golf	Dustin Stoltz	Northwestern	SR	
Women's Golf	Jamee Irey	Northwestern	JR	

#### Football North Division Offensive

Matt Fragodt had four catches for 141 yards and three touchdowns in UM-Morris's win over Trinity Bible on Saturday, including a 52-yard reception.

#### Football North Division Defensive

Isaac Appel recorded 14 tackles, eight of which were solo, on Saturday for Trinity Bible versus Minnesota-Morris. He also had 1.5 sacks for a loss of 10 yards and four tackles for a loss of 15 yards. He has 22 tackles and 2 sacks on the season for the Lions.

#### Football South Division Offensive

Tony Lagrone set a career high with 206 rushing yards and four touchdowns on 28 attempts in Blackburn's 52-39 victory over Principia on Saturday afternoon. Lagrone's performance was the third-highest single-game rushing total in Blackburn football history, and his four rushing touchdowns tied a school record.

#### Football South Division Defensive

Versus Blackburn on Saturday, Danny Kleinhenz recorded 14 tackses (12 solo, two assisted). In 2007, Kleinhenz has 49 tackles and an interception for Principia.

#### Men's Soccer Offensive

Leslie Jeanville's offensive explosion (three goals on just four shots) led Presentation College to two UMAC victories this weekend, helping improve PC's conference record to 3-1-0. In action on Friday against Bethany Lutheran, Jeanville scored in the 35th minute after coming off of the bench. He would later tally his second goal of the game in the 48th minute. During action on Saturday against Martin Luther, Jeanville scored the game-tying goal in the 26th minute, as Presentation went on to a 2-1 victory. Jeanville now has four goals and one assist on the year, and is tied for third on PC's team in points with nine.

#### Men's Soccer Defensive

Tyler Lutz notched his third consecutive shutout for Presentation this weekend in a UMAC victory over Bethany Lutheran. Making just the third start of his collegiate career, Lutz stopped all five shots on goal by Bethany including two corner kicks. Through 270 minutes of net-minding for the Saints, Lutz has yet to allow a goal in the 2007 season.



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#### Women's Soccer Offensive

Nina Jarnot led Minnesota-Morris to a 3-0 win over Martin Luther on Friday and a 5-1 win over Bethany Lutheran Saturday. Against Martin Luther she had 2 goals, 1 assists with 4 shots and 2 shots on goal. Against Bethany Lutheran, Nina had one goal on eight shots (6 SOG). For the year, Jarnot leads the Cougars with 14 pts (5 G, 4 A) and has two game winning goals.

#### Women's Soccer Defensive

Kelly Momsen made ten saves for St. Scholastica in a 1-0 loss to national power Macalester College and collected two victories and a shutout on the weekend against UMAC conference opponents, only allowing a PK by Northwestern to get past her. For the week, she allowed two goals while tallying 13 saves.

#### Volleyball Hitter

Heidi Meier again led Presentation in attacking this weekend in non-conference matches against Dakota Wesleyan and Mt. Marty College. Meier racked up 29 kills on 86 attempts for a .209 attacking percentage in the six games. Meier also had three service aces for the Saints, as well as two solo and one assisted block. Meier now has 153 kills on the season.

#### Volleyball Setter

Setting in a 6-2 offense, Hillary Slagter tallied 66 assists (5.5 APG) as Northwestern went 2-1 on the week, defeating North Central and Hamline. Hillary averaged 7.3 kills to along with her setting duties. For the year, Slagter is averaging 5.21 assists per game to lead the team.

#### Volleyball Defensive Specialist

In Northwestern's three matches this week, Sarah Whitmore had 23 blocks, including eight against both Gustavus Adolphus and Hamline on Saturday. Her 1.30 blocks per game in 2007 leads a team that is averaging 2.71 blocks per game.

#### Male Golfer

Dustin Stoltz shot a 74 in Thursdays Cougar Invitational in Benson, Minn. to lead Northwestern's squad to a fourth-place finish. The senior has claimed medalist honors twice this year, and is averaging 76.6 strokes per round in three contests.

#### Female Golfer

In Northwestern's two meets this season, Jamee Irey has blown the competition away, shooting a 94 at the UMAC Preseason Tournament and a 92 at the Cougar Invitational last Thursday. Both scores entitled Irey to medalist honors.