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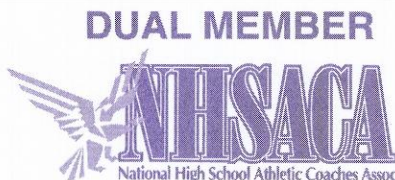
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## 2010-2011 NDHSCA-POWERade Outstanding Senior Athlete Awards

| SPORT                           | ATHLETE           | SCHOOL                   | HEAD COACH                     |
|---------------------------------|-------------------|--------------------------|--------------------------------|
| Boys' Tennis                    | Parker Lawley     | Fargo South HS           | Vic Youngs                     |
| Division A Girls' Golf          | Laura Kraft       | Jamestown HS             | Dean Kraft                     |
| Boys' Soccer                    | Tanner Hersch     | Bismarck St. Mary's HS   | Brandon Keller                 |
| Boys' Soccer                    | Braden Schmid     | West Fargo HS            | Doug Millar                    |
| Division A Boys' Cross Country  | Francis Mendee    | Grand Forks Red River HS | Richard DaFoe                  |
| Division A Girls' Cross Country | Brecca Wahlund    | Minot HS                 | Glee Mayer                     |
| Division B Boys' Cross Country  | Alex Baker        | New Town HS              | Brian Anderson                 |
| Division B Girls' Cross Country | Taylor Palmer     | Griggs County Central HS | Richard Anderson               |
| Division A Football             | Levi Roemmich     | Linton HS                | Dan Imdieke                    |
| Division A Football             | Erik Kuntz        | Rugby HS                 | Scott Grochow                  |
| Division AA Football            | Myles Montplaisir | Fargo Shanley HS         | Steve Laqua                    |
| Division AAA Football           | Carson Wentz      | Bismarck Century HS      | Ron Wingenbach                 |
| Division B Nine-Man Football    | Alex McLean       | Hillsboro HS             | Scott Olsen                    |
| Girls' Swimming & Diving        | Erin Grabanski    | Grand Forks Red River HS | Bryan Walls                    |
| Division A Girls' Volleyball    | Jessica Herauf    | Dickinson HS             | Jay Schobinger                 |
| Division B Girls' Volleyball    | Katie King        | Kenmare HS               | Tim Wallstrum                  |
| Division A Wrestling            | Eric Forde        | Fargo South HS           | Lynn Forde                     |
| Division B Wrestling            | Michael Nord      | Lisbon HS                | Joe Kern                       |
| Boys' Hockey                    | Darren Medler     | Minot HS                 | Pat Morelli                    |
| Girls' Hockey                   | Maddy Gendreau    | Bismarck Schools         | Matt Strinden                  |
| Girls' Gymnastics               | Brooklyn Bender   | Minot HS                 | Pam Tweten                     |
| Boys' Swimming & Diving         | Landon Ostlie     | Jamestown HS             | Marney Shirley                 |
| Division B Boys' Basketball     | Philip Schanilec  | Minto HS                 | Shane Robinson                 |
| Division A Boys' Basketball     | Joe Hanstad       | Dickinson HS             | John Wilson                    |
| Division A Girls' Basketball    | Caitlin Farroh    | Grand Forks Central HS   | Brent Hintz                    |
| Division B Girls Basketball     | Brittney Dietz    | Beach HS                 | Bob Waldal                     |
| Girls' Tennis                   | Halley Whitman    | Bismarck Century HS      | Scott McPherson                |
| Girls' Tennis                   | Rachel McGuigan   | Fargo South HS           | Jason Thiner                   |
| Division A Boys' Track & Field  | John Welk         | Bismarck St. Mary's HS   | Travis Freidt                  |
| Division A Girls' Track & Field | Jessica Herauf    | Dickinson HS             | Jay Schobinger/Dave Michaelson |
| Division A Girls' Track & Field | Jessica Lindsay   | Grand Forks Central HS   | Eric Polries                   |
| Division B Boys' Track & Field  | Eric Kuntz        | Rugby HS                 | Scott Grochow                  |
| Division B Girls' Track & Field | Rikki Schmidt     | Napoleon HS              | Darcy Lehr                     |
| Division B Boys' Golf           | Nick Liebel       | Watford City HS          | Fred Fridley                   |
| Division B Girls' Golf          | Amber Piatz       | Napoleon HS              | Jon Starkey                    |
| Girls' Soccer                   | Tessa Neameyer    | Bismarck Century HS      | Sarah McNulty                  |
| Division A Baseball             | David Ernst       | Fargo South HS           | Donn Bryant                    |
| Girls' Fastpitch Softball       | Kacie Johnson     | West Fargo HS            | Pat Johnson                    |
| Division A Boys' Golf           | Trenton Olson     | Fargo Shanley HS         | Donald Johnson                 |