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## 2012-2013 NDHSCA-POWERade Outstanding Senior Athlete Awards

SPORT	ATHLETE	SCHOOL	HEAD COACH
A Girls' Golf	Kayla Barke	Williston HS	SueAnn Lund
Boys' Tennis	Andy Ficek	Fargo North HS	Greg Unruh
Boys' Soccer	Jacob Weiler	Fargo South HS	Dean Hashbarger
A Boys' Cross Country	Jake Leingang	Bismarck HS	Darrell Anderson/Dave Zittleman
A Girls' Cross Country	Alison Allmer	Jamestown HS	Ken Gardner
B Boys' Cross Country	Donovan Lambert	Bismarck Shiloh Christian HS	Kenneth Opsal
B Girls' Cross Country	Leah Oien	Griggs County Central HS	Rick Anderson
A Football	Abe Roehrich	Stanley HS	Lyne Enget
AA Football	Christian Lunde	Grafton HS	Tom Maus
AAA Football	Layne Johs	Bismarck HS	Mark Gibson
B Nine-Man Football	Luis Vasquez	Wyndmere/Lidgerwood HS	Scott Strenge
Girls' Swimming & Diving	Emily Roche	Fargo North HS	Talia Butery
A Girls' Volleyball	Kira Larson	Fargo North HS	Jerry Daily
B Girls' Volleyball	Kellie Schmidt	Kindred HS	Brooks Dockter
A Wrestling	Preston Lehmann	West Fargo HS	Kayle Dangerud
B Wrestling	Blake Bosch	South Border HS	Dwight Schilling/Josh Hoffman
Girls' Hockey	Amber Schaack	Jamestown HS	Brad Schaack
Boys' Hockey	Jon Lizotte	Grand Forks Red River HS	Bill Chase
Girls' Gymnastics	Alex Lind	Jamestown HS	David Tews
Boys' Swimming & Diving	Dylan Sether	Bismarck Century HS	Dennis Kemmesat
B Boys' Basketball	Jacob Hagler	North Star (Cando) HS	Jeff Hagler
A Boys' Basketball	A.J. Jacobson	Fargo Shanley HS	Shane Alderman
A Girls' Basketball	Hannah Larson	Bismarck Century HS	Ron Metz
B Girls Basketball	Hannah Breske	Central Cass HS	Ryan Mears
B Girls Basketball	Taylor Henningsgard	Hillsboro-Central Valley HS	Rick Sondrol
Girls' Tennis	Karen Moe	Fargo South HS	Jason Thiner
A Boys' Track & Field	Jake Leingang	Bismarck HS	Darrell Anderson/Dave Zittleman
A Girls' Track & Field	Morgan Milbrath	Minot HS	Michelle (Boyeff) Hoff
B Boys' Track & Field	Jeff Illies	Milnor-Wyndmere-Lidgerwood HS	Sandy Popp/Michelle Orth/Don Nash
B Girls' Track & Field	Josey Page	Carrington HS	Greg Hoackle
B Boys' Golf	Danny Sayler	South Border HS	Jeremy St Aubin
B Girls' Golf	Laura Podolak	Kindred HS	Mike Podolak
Girls' Soccer	Emily Wendorff	Fargo Davies HS	Nick Christianson
A Baseball	Casey Quinlan	Fargo Davies HS	Hans Anderson
B Baseball	Ellery Bresnahan	Central Cass HS	Dustin Maasjo
A Girls' Fastpitch Softball	Brianna Flynn	Bismarck Century HS	Kevin Ziegler
B Girls' Fastpitch Softball	Ali Tronson	Central Cass HS	Scott Kost
A Boys' Golf	Brady Mayer	Fargo Shanley HS	Don Johnson