

Cougar Athletic Awards

Male Athlete of the Year

Name	Year
St Francis Boys School	
<i>Bob Rohaly</i>	1959
	1960
<i>Jack Gleason</i>	1961
	1962
<i>Dennis Walshe</i>	1963
	1964
<i>Alan Ellert</i>	1965
<i>Jim Campbell</i>	1966
Catholic Central High School	
<i>Cal O'Brien</i>	1967
<i>John Molyneux</i>	1968
<i>Aurelio Delbello</i>	1969
<i>Bill Harbuz, Alec Dudas</i>	1970
<i>John Dudas</i>	1971
<i>Peter Sikora</i>	1972
<i>Randy Royer</i>	1973
<i>Guy Pomahac</i>	1974
<i>Steve Devcic</i>	1975
<i>Morgan Munroe</i>	1976
<i>Tim Gross, Paul LeClaire</i>	1977
<i>Dave Berlando</i>	1978
<i>Pete LeClaire</i>	1979
<i>Brad Koskowich</i>	1980
<i>Brian LeClaire</i>	1981
<i>Shawn Gilborn</i>	1982
<i>Frankie Fraulin</i>	1983
<i>Gary Saler</i>	1984
<i>Mike Myndio</i>	1985
<i>Des Sullivan</i>	1986
<i>Mike Lynagh</i>	1987
<i>Dan Martyna</i>	1988
<i>Shaun Killins</i>	1989
<i>Ian Miller</i>	1990
<i>Tom Rodzinyak</i>	1991
<i>Clay Rook, Dale Comchi</i>	1992
<i>Rob Izsak, Greg Kelenc</i>	1993
<i>Brad Higginson</i>	1994
<i>Regan Lane</i>	1995
<i>Joe Kelenc</i>	1996
<i>Chris Noss</i>	1997
<i>Rob Slavich</i>	1998
<i>Tyler Rice</i>	1999

<i>Beau Filkowski</i>	2000
<i>Devin Mulder</i>	2001
<i>Brian Nelis</i>	2002
<i>Mike Stewart</i>	2003
<i>David Collier</i>	2004
<i>Jerrod Mulder</i>	2005
<i>Tom Collier</i>	2006
<i>Garrett Gruber</i>	2007
<i>Devon Van Nistelrooy</i>	2008
<i>Dario Pasquotti</i>	2009
<i>Peter Credico</i>	2010
	2011



Female Athlete of the Year

Name	Year
<i>Theresa Kinahan</i>	1980
<i>Romina Feher, Dawn Fry</i>	1981
<i>Dori Rodzinyak, Dawn Fry</i>	1982
<i>Sandra Yanosik, Vanessa Pittman</i>	1983
<i>Margie Gal</i>	1984
<i>Barb Kortt</i>	1985
<i>Laura Bethlehem</i>	1986
<i>Martina Szilagyi</i>	1987
<i>Vanessa Upton</i>	1988
<i>Sandra Royer</i>	1989
<i>Evelyn Scholten</i>	1990
<i>Tanya Huggins, Janice Gyorkos</i>	1991
<i>Robin Murphy</i>	1992
<i>Crystal Kain</i>	1993
<i>Melanie Marek</i>	1994
<i>Sarah Joly, Trish Whimster</i>	1995
<i>Nicole McKenzie, Michelle Gibb</i>	1996
<i>Anita Nelis</i>	1997
<i>Brianne Robertson</i>	1998
<i>Michelle Kincheloe</i>	1999
<i>Jessica Fox</i>	2000
<i>Amanda Weitz, Jackie Stroeve</i>	2001
<i>Chantel Mulder</i>	2002
<i>Kelsey Jespersen</i>	2003
<i>Melissa Weitz</i>	2004
<i>Teneille Mulder</i>	2005
<i>Amanda Walker</i>	2006
<i>Janelle Groten, Jaclyn Groten</i>	2007
<i>Terra Kaskiw</i>	2008
<i>Brittany Novak</i>	2009
<i>Courtenay Farrington</i>	2010
	2011

Cougar Athletic Awards - Basketball

Female JV Top Scorer	
Name	Year
<i>Melanie Marek</i>	1993
<i>Kim Simons</i>	1994
	1995
<i>Brianne Noss</i>	1996
<i>Jennifer Neufeld</i>	1997
<i>Melissa Prokop</i>	1998
<i>Christie Forster</i>	1999
<i>Chantal Mulder</i>	2000
<i>Keely Kavanagh</i>	2001
<i>Melissa Weitz</i>	2002
<i>Janelle Feller</i>	2003
<i>Sondra Christensen</i>	2004
<i>Finola Black Plume</i>	2005
<i>Tressa Yellow Horn</i>	2006
<i>Quintina Frandsen</i>	2007
<i>Chloe Crosschild</i>	2008
<i>Mickenzie Kinahan</i>	2009
<i>Katie Perlich</i>	2010
	2011

Female - Rookie of the Year	
Name	Year
<i>Crystal McPherson</i>	1992
<i>Tricia Whimster</i>	1993
<i>Kim Simons</i>	1994
<i>Rebecca Phillips</i>	1995
<i>Brianne Noss</i>	1996
<i>Michelle Kincheloe</i>	1997
<i>Jessica Fox</i>	1998
<i>Meagan Motuz</i>	1999
<i>Maggie Fox</i>	2000
<i>Kelsey Jespersen</i>	2001
<i>Keely Kavanagh</i>	2002
<i>Jessica Wright</i>	2003
<i>Sondra Christensen</i>	2004
<i>Finola Black Plume</i>	2005
<i>Terra Kaskiw, Tressa Yellow Horn</i>	2006
<i>Vanessa Monaghan</i>	2007
<i>Courtney Primrose</i>	2008
<i>Taya Keujer</i>	2009
<i>Nikki Furukawa</i>	2010
	2011

Female - 110% Player Award	
Name	Year
<i>Sherry Kropinak</i>	1981
<i>Sandra Yanosik</i>	1982

Female - 110% Player Award - Continued	
<i>Lorraine Beaudin</i>	1983
<i>Jackie Riske</i>	1984
<i>Suzanne Rodzinyak, Diana Smits</i>	1987
<i>Diane Willis</i>	1988
<i>Michele Izsak</i>	1989
<i>Evelyn Scholten</i>	1990
<i>Janice Gyorkos</i>	1991
<i>Helen Kalias</i>	1992
<i>Lynae Walters, Janine Vaselenak</i>	1993
<i>Jennefer Pawlak</i>	1994
<i>Lindsay Wagner</i>	1995
<i>Nicole McKenzie</i>	1996
<i>Rebecca Phillips</i>	1997
<i>Jill Erlandson</i>	1998
<i>Kelly Fress</i>	1999
<i>Meagan Motuz</i>	2000
<i>Meagan Motuz</i>	2001
<i>Lisa Lajeunesse</i>	2002
<i>Jaclyn Dudas</i>	2003
<i>Jaclyn Dudas</i>	2004
<i>Megan Gajdostik</i>	2005
<i>Jaclyn Groten, Janelle Groten</i>	2006
<i>Sarah Lajeunesse</i>	2007
<i>Tara Erdos</i>	2008
<i>Courtney Primrose</i>	2009
<i>Courtney Primrose</i>	2010
	2011

Female - Defensive Player Award	
Name	Year
<i>Lorraine Beaudin</i>	1983
<i>Lorraine Beaudin</i>	1984
<i>Laura Bethlehem</i>	1985
<i>Martina Szilagyi</i>	1986
<i>Vanessa Upton</i>	1987
<i>Sherri McInnis</i>	1988
<i>Janice Gyorkos</i>	1989
<i>Janice Gyorkos</i>	1990
<i>Candice O'Connor</i>	1991
<i>Robin Murphy</i>	1992
<i>Jennefer Pawlak</i>	1993
<i>Trish Whimster</i>	1994
<i>Sarah Joly</i>	1995
<i>Nicole McKenzie</i>	1996
<i>Gina Pasquotti</i>	1997
<i>Christina Matteotti</i>	1998
<i>Michelle Kincheloe</i>	1999
<i>Andrea Fox</i>	2000

Cougar Athletic Awards - Basketball

Female - Defensive Player Continued

<i>Amanda Weitz</i>	2001
<i>Kelsey Jespersen</i>	2002
<i>Jade Schweitzer</i>	2003
<i>Jade Schweitzer</i>	2004
<i>Teneille Mulder, Sondra Christensen</i>	2005
<i>Megan Gajdostik</i>	2006
<i>Terra Kaskiw</i>	2007
<i>Vanessa Monaghan</i>	2008
<i>Laura-Lee Dore</i>	2009
<i>Stephanie Groten</i>	2010
	2011

Female - Varsity Top Scorer

Name	Year
<i>Evelyn Ambrozic</i>	1977
<i>Evelyn Ambrozic</i>	1978
<i>Diane Irvine</i>	1979
<i>Dawn Fry</i>	1980
<i>Dawn Fry</i>	1981
<i>Dawn Fry</i>	1982
<i>Linda Smith</i>	1983
<i>Margie Gal</i>	1984
<i>Barb Babott</i>	1985
<i>Barb Babott</i>	1986
<i>Martyna Szilagyi</i>	1987
<i>Vanessa Upton</i>	1988
<i>Evelyn Scholten</i>	1989
<i>Tanya Huggins</i>	1990
<i>Tanya Huggins</i>	1991
<i>Crystal Kain</i>	1992
<i>Crystal Kain</i>	1993
<i>Crystal McPherson</i>	1994
<i>Melanie Marek</i>	1995
<i>Carla Ferrari</i>	1996
<i>Carla Ferrari</i>	1997
<i>Jennifer Neufeld</i>	1998
<i>Jennifer Neufeld</i>	1999
<i>Jessica Fox</i>	2000
<i>Chantel Mulder</i>	2001
<i>Chantel Mulder</i>	2002
<i>Jessica Wright, Kelsey Jespersen</i>	2003
<i>Brett Coleman</i>	2004
<i>Jenelle Feller, Mandi Walker</i>	2005
<i>Mandi Walker</i>	2006
<i>Janelle Groten</i>	2007
<i>Finola Black Plume</i>	2008
<i>Taya Keujer</i>	2009
<i>Taya Keujer</i>	2010
	2011

Female - Most Valuable Player

Name	Year
<i>Jean McDonald</i>	1977
<i>Bev Jackson, Evelyn Ambrozic</i>	1978
<i>Diane Irvine</i>	1979
<i>Angela Saccomani</i>	1980
<i>Caroline Ambrozic</i>	1981
<i>Dori Rodzinyak, Dawn Fry</i>	1982
<i>Linda Smith</i>	1983
<i>Margie Gal</i>	1984
<i>Barb Kortt</i>	1985
<i>Laura Bethlehem</i>	1986
<i>Martina Szilagyi</i>	1987
<i>Carmen Knutson, Vanessa Upton</i>	1988
<i>Sandra Royer</i>	1989
<i>Sue Meyers</i>	1990
<i>Tanya Huggins, Janice Gyorkos</i>	1991
<i>Candice O'Connor</i>	1992
<i>Crystal Kain</i>	1993
<i>Crystal McPherson</i>	1994
<i>Trish Whimster, Melanie Marek</i>	1995
<i>Nicole McKenzie</i>	1996
<i>Jennifer Kramer</i>	1997
<i>Jennifer Neufeld</i>	1998
<i>Jennifer Neufeld</i>	1999
<i>Jessica Fox</i>	2000
<i>Shilo Coleman</i>	2001
<i>Maggie Fox, Chantel Mulder</i>	2002
<i>Kelsey Jespersen</i>	2003
<i>Melissa Weitz, Brett Coleman</i>	2004
<i>Teneille Mulder</i>	2005
<i>Finola Black Plume, Mandi Walker</i>	2006
<i>Jaclyn Groten, Janelle Groten</i>	2007
<i>Finola Black Plume, Terra Kaskiw</i>	2008
<i>Vanessa Monaghan</i>	2009
<i>Taya Keujer</i>	2010
	2011

Female - Leontine Pot Award
Continued on the next page.



Cougar Athletic Awards - Basketball

Female - Leontine Pot Memorial Award	
Name	Year
<i>Pam Bennett</i>	1988
<i>Niclole Kinniburgh</i>	1989
<i>Laurie Zimmer</i>	1990
<i>Hellen Kolias</i>	1991
<i>Colene Graham, Viola Casis</i>	1992
<i>Crystal McPherson</i>	1993
<i>Cori Watson</i>	1994
<i>Michelle Villeneuve</i>	1995
<i>Allison Huggins</i>	1996
<i>Anita Nelis</i>	1997
<i>Brianne Robertson</i>	1998
<i>Kelly Fress</i>	1999
<i>Rana Delaney</i>	2000
<i>Maggi Fox</i>	2001
<i>Kelsey Kinahan</i>	2002
<i>Brittany Shimek</i>	2003
<i>Whitney Grbavac</i>	2004
<i>Sondra Christensen</i>	2005
<i>Megan Gajdostik</i>	2006
<i>Amanda Red Crow</i>	2007
<i>Amanda Red Crow</i>	2008
<i>Chloe Cross Child, Kathleen Bergsma</i>	2009
<i>Kathleen Bergsma</i>	2010
	2011

Male - Junior Varsity Top Scorer	
Name	Year
<i>Sean Keenan</i>	1977
<i>Bill Papp</i>	1978
<i>Pete Lavoratto</i>	1979
<i>Kevin Kinahan</i>	1980
<i>Eric Stanley</i>	1981
<i>Mark Hoveling</i>	1982
<i>Dino Pasquotti</i>	1983
<i>Dean Homulos</i>	1984
<i>Jim Kaminski</i>	1985
<i>Vince Toth</i>	1986
	1987
<i>Spike Scholten</i>	1988
<i>Ian Miller</i>	1989
<i>Ryan Seeman</i>	1990
<i>Colin Ward</i>	1991
<i>Rob Izsak</i>	1992
<i>Regan Lane</i>	1993
<i>Brad Wall</i>	1994
<i>John Cohen</i>	1995
<i>Rob Slavich</i>	1996

Male - JV Top Scorer - Continued	
Name	Year
<i>Jay Wellis</i>	1997
<i>Mark Krezlewicz</i>	1998
<i>Tico Ironshirt</i>	1999
<i>Brian Nelis</i>	2000
<i>Brandon Magierowski</i>	2001
<i>Jeff Waldner</i>	2002
<i>Jerrod Mulder</i>	2003
<i>Shawn Hooper</i>	2004
<i>Joey Dyck</i>	2005
<i>Garrett Gruber</i>	2006
<i>Dario Pasquotti</i>	2007
<i>Shayne Pardiac</i>	2008
<i>Conor Delbello</i>	2009
<i>Zach Pardiac</i>	2010
	2011

Male - Rookie of the Year	
Name	Year
<i>Rob Izsak</i>	1992
<i>Regan Lane</i>	1993
<i>Rob Kain</i>	1994
<i>Chad Wells</i>	1995
<i>Mike Tedesco</i>	1996
<i>Ryan Cain</i>	1997
<i>Juliano De Brito</i>	1998
<i>Kenny Wells</i>	1999
<i>Tico Ironshirt</i>	2000
<i>Brian Nelis</i>	2001
<i>Ken Fugelrud</i>	2002
<i>A.J. Kennedy</i>	2003
<i>Chance Lemisko</i>	2004
<i>Jared Garrick</i>	2005
<i>Luc Rajcic</i>	2006
<i>Dario Pasquotti, Jordan Campbell</i>	2007
<i>Shane Dustan</i>	2008
<i>Taylor Jetten</i>	2009
<i>Matteo Pasquotti</i>	2010
	2011

Male - 110% Player Award	
Name	Year
<i>Clay Rook</i>	1992
<i>David Kolesar</i>	1993
<i>Regan Lane, Lucas Ferguson</i>	1994
<i>Rob Kain</i>	1995

Cougar Athletic Awards - Basketball

Male - 110% Player Award - Continued	
<i>Chad Wells</i>	1996
<i>James Wagner</i>	1997
<i>David Besaw</i>	1998
<i>Tyler Rice</i>	1999
<i>Beau Filkowski</i>	2000
<i>Devin Mulder</i>	2001
<i>Terrance Frank</i>	2002
<i>Dave Collier</i>	2003
<i>Jerrod Mulder</i>	2004
<i>Jerrod Mulder</i>	2005
<i>Brandon Erdos</i>	2006
<i>Tyrell Stinn</i>	2007
<i>Jordan Curteanu</i>	2008
<i>Jordan Curteanu</i>	2009
<i>Grayson Mutter</i>	2010
	2011

Male - Best Defensive Player	
Name	Year
<i>Dale Comchi</i>	1992
<i>Shawn Wells</i>	1993
<i>Brad Higginson</i>	1994
<i>Kevin Rudolph</i>	1995
<i>Chris Renyk</i>	1996
<i>Chad Wells</i>	1997
<i>Joel Mrak</i>	1998
<i>Nick Hay</i>	2000
<i>Nick Hay</i>	2001
<i>Michael Stewart</i>	2002
<i>Patrick Leith</i>	2003
<i>Patrick Leith, Jeff Waldner</i>	2004
<i>Jerrod Mulder</i>	2005
<i>Nick Pietras</i>	2006
<i>Logan Redman</i>	2007
<i>Kas MacMillan</i>	2008
<i>Jessy Dyck</i>	2009
<i>Shane Dustan</i>	2010
	2011

Male - Top Varsity Scorer	
Name	Year
<i>Paul LeClaire</i>	1977
<i>Rob Fiorino</i>	1978
<i>Rob Fiorino</i>	1979
<i>Brad Koskowich</i>	1980
<i>Kevin Kinahan</i>	1981
<i>Frank Fraulin</i>	1982

Male - Top Varsity Scorer - Continued	
<i>Frank Fraulin</i>	1983
<i>Mark Hoveling</i>	1984
<i>Dennis Fiorino</i>	1985
<i>Jim Kaminski</i>	1986
<i>Jim Kaminski</i>	1987
<i>Jim Kaminski</i>	1988
<i>John Ward</i>	1989
<i>Tom Rodzinyak</i>	1990
<i>Jason Czarny</i>	1991
<i>Jason Czarny</i>	1992
<i>Jason Czarny</i>	1993
<i>Rob Izsak</i>	1994
<i>Regan Lane</i>	1995
	1996
<i>Rob Slavich</i>	1997
<i>Rob Slavich</i>	1998
<i>Ryan Cain</i>	1999
<i>Juliano De Brito</i>	2000
<i>Darcy Day Chief</i>	2001
<i>Vince Vercillo</i>	2002
<i>Ken Mazurek</i>	2003
<i>Eric Dekens</i>	2004
<i>Eric Dekens</i>	2005
<i>Jeff Mazurek</i>	2006
<i>David Vander Lee</i>	2007
<i>Dario Pasquotti</i>	2008
<i>Shayne Pardiac</i>	2009
<i>Conor Delbello</i>	2010
	2011

Male - Most Valuable Player	
Name	Year
<i>Jason Czarny</i>	1992
<i>Rob Izsak</i>	1993
<i>Rob Izsak</i>	1994
<i>Regan Lane</i>	1995
<i>Brad Wall</i>	1996
<i>Chris Noss</i>	1997
<i>Rob Slavich</i>	1998
<i>Ryan Cain</i>	1999
<i>Kenny Wells, Juliano De Brito</i>	2000
<i>Darcy Day Chief</i>	2001
<i>Brendon Blood</i>	2002
<i>Ken Fuglerud</i>	2003
<i>Dave Collier</i>	2004
<i>A.J Kennedy</i>	2005
<i>Tom Collier</i>	2006
<i>Garrett Gruber</i>	2007
<i>Dario Pasquotti</i>	2008
<i>Dario Pasquotti</i>	2009
<i>Taylor Jetten</i>	2010
	2011

Cougar Athletic Awards - Football

Player's Player Award

Name	Year
<i>Rob Bruchet</i>	1987
<i>Rob Bruchet</i>	1988
<i>Dennis Dorn</i>	1989
<i>Kevin Plaksey</i>	1990
<i>Dale Comchi</i>	1991
<i>Russell Gallant</i>	1992
<i>Scott Bishop</i>	1993
<i>Regan Lane</i>	1994
<i>Lydell Mack</i>	1995
<i>Mark Van Moorsel</i>	1996
<i>Alan Rice, Daniel Huneault</i>	1997
<i>Beau Callaghan</i>	1998
<i>Jose Rauda</i>	1999
<i>Todd No Runner</i>	2000
<i>Luis Rauda</i>	2001
<i>Evan Hemsing, John Nguyen</i>	2002
<i>Ed Motycka</i>	2003
<i>Chad Von Matt</i>	2004
<i>Tom Collier</i>	2005
<i>David Stefanuk</i>	2006
<i>Garret Giolo</i>	2007
<i>Shaun Westerson</i>	2008
	2009
	2010

Defensive Player of the Year

Name	Year
<i>Joe Herauf</i>	1983
<i>Mike Myndio</i>	1984
<i>Duane Kambeitz</i>	1985
<i>Paul Gleason</i>	1986
<i>Rob Tratch</i>	1987
<i>Rob Tratch</i>	1988
<i>Travis Gerla</i>	1989
<i>Rich Preuss</i>	1990
<i>Ryan Tratch</i>	1991
<i>Scott Tallman</i>	1992
<i>Warren Doepker</i>	1993
<i>Dana Chief Body</i>	1994
<i>Ryan Deck</i>	1995
<i>Calvin Scott</i>	1996
<i>Alan Rice</i>	1997
<i>Tyler Rice</i>	1998
<i>Scott Baker</i>	1999
<i>Todd No Runner</i>	2000
<i>Luis Rauda</i>	2001
<i>Evan Hemsing</i>	2002
<i>Ed Motycka</i>	2003
<i>Nick Pietras, Chance Lemisko</i>	2004
<i>Glenn Pirie, Nick Pietras</i>	2005

Defensive Player of the Year Continued

<i>Eric Motycka, Korey Reimer</i>	2006
<i>James Murray</i>	2007
<i>Jordan Curteanu</i>	2008
	2009
	2010

Most Valuable Player

Name	Year
St Francis Boys School	
<i>Mike Gleason</i>	1958
<i>Veryl Todd</i>	1959
<i>Jack Gleason</i>	1960
<i>Bill Tedesco</i>	1961
<i>Bob Harris</i>	1962
<i>Danny Santoni</i>	1963
<i>Gary Patience</i>	1964
<i>Don Forster</i>	1965
<i>Don Forster</i>	1966
Catholic Central High School	
<i>Doug Hinds</i>	1967
<i>Aurelio Delbello</i>	1968
<i>Bill Harbuz</i>	1969
<i>Greg Royer</i>	1970
<i>Ed Krajewski</i>	1971
<i>Bob Parkyn</i>	1972
<i>Guy Pomahac</i>	1973
<i>Dave Jackson</i>	1974
<i>Morgan Munroe</i>	1975
<i>Tim Gross</i>	1976
<i>Dave McLellan</i>	1977
<i>Peter LeClaire</i>	1978
<i>Glenn Viney</i>	1979
<i>Dave Stroud</i>	1980
<i>Kevin Stroud</i>	1981
<i>Mario Meli</i>	1982
<i>Gary Saler</i>	1983
<i>Mike Myndio</i>	1984
<i>Rob Krushel, Ed Kremenik</i>	1985
<i>Ed Kremenik</i>	1986
<i>Shawn Ball</i>	1987
<i>Ian Walker</i>	1988
<i>Anthony Kremenik</i>	1989
<i>Travis Gerla</i>	1990
<i>Tim Clapton</i>	1991
<i>Russell Gallant</i>	1992
<i>Kris Indzeoski</i>	1993
<i>Regan Lane, Dana Chief Body</i>	1994
<i>Lydell Mack</i>	1995
<i>Calvin Scott, Mario D'Agnone</i>	1996
<i>Mario D'Agnone</i>	1997
<i>Tyler Rice</i>	1998
<i>Beau Filkowski</i>	1999
<i>Todd No Runner</i>	2000

Cougar Athletic Awards - Football

Most Valuable Player Continued

<i>Mark Feller</i>	2001
<i>Ken Mazurek</i>	2002
<i>Alex Klare</i>	2003
<i>Andrew Gruber</i>	2004
<i>Tom Collier, Jeff Mazurek</i>	2005
<i>Denton Lafournie, David Stefanuk</i>	2006
<i>Brad Erdos</i>	2007
<i>Travis Fay</i>	2008
	2009
	2010

Credico Cup

Name	Year
<i>Rob Gruninger</i>	1999
<i>Don Nguyen</i>	2000
<i>Brad Martin</i>	2001
<i>Andrew Gruber</i>	2002
<i>Andrew Gruber, Phil Atherton</i>	2003
<i>Andrew Gruber</i>	2004
<i>RJ Balog</i>	2005
<i>Garret Gruber</i>	2006
<i>Jordan Curteanu, Peter Credico</i>	2007
<i>Peter Credico</i>	2008
	2009
	2010

Top Scorer

Name	Year
<i>Tim Gross</i>	1976
<i>Walter Montana</i>	1977
<i>Peter LeClaire</i>	1978
<i>Glenn Viney</i>	1979
<i>Dave Stroud</i>	1980
<i>Mario Meli</i>	1981
<i>Mario Meli</i>	1982
<i>Gary Saler</i>	1983
<i>Tim Armstrong</i>	1984
<i>Ed Kremenik</i>	1985
<i>Ed Kremenik</i>	1986
<i>Mario Pasquotti</i>	1987
<i>Cory Knutson</i>	1988
<i>Anthony Kremenik</i>	1989
<i>Tim Clapton</i>	1990
<i>Tim Clapton</i>	1991
<i>Brett Stimson</i>	1992
<i>Brad Higginson</i>	1993
<i>Ryan Deck</i>	1994
<i>Joe Kelenc</i>	1995
<i>Mario D'Agnone</i>	1996
<i>Mario D'Agnone</i>	1997

Top Scorer Continued

<i>Beau Filkowski</i>	1998
<i>Beau Filkowski</i>	1999
<i>Mark Feller</i>	2000
<i>Dustin Smith</i>	2001
<i>Brady Nakama</i>	2002
<i>Alex Klare</i>	2003
<i>Blair Stolz</i>	2004
<i>Denton Lafournie, Tysun Tallman</i>	2005
<i>Denton Lafournie,</i>	2006
<i>Taylor Austin, Karlo Malik</i>	2007
<i>Rylund Ens</i>	2008
	2009
	2010

Rookie of the Year

Name	Year
St Francis Boys School	
<i>Doug Hinds</i>	1964
<i>Gary Terleski</i>	1965
<i>Bill Harbuz</i>	1966
Catholic Central High School	
<i>Mike Mauro</i>	1967
<i>Dennis O'Connell</i>	1968
<i>John Kostiuik</i>	1969
<i>Bob Parkyn</i>	1970
<i>Guy Pomahac</i>	1971
<i>Rick Berlando</i>	1972
<i>Morgan Munroe</i>	1973
<i>Roman Ksiazek</i>	1974
<i>Dennis Kaupp, Dave Aberle</i>	1975
<i>Pete LeClaire, Randy Magierowski</i>	1976
<i>Mike Stroud</i>	1977
<i>Dave Stroud</i>	1978
<i>Kevin Stroud, Shawan Gilborn</i>	1979
<i>Marcel Laramee</i>	1980
<i>Mario Meli</i>	1981
<i>Michael Myndio</i>	1982
<i>Frank Szing</i>	1983
<i>Ron Bodie</i>	1984
<i>Mario Pasquotti</i>	1985
<i>Ian Walker</i>	1986
<i>Rob Tratch</i>	1987
<i>Travis Gerla</i>	1988
<i>Ryan Tratch</i>	1989
<i>Chris Wyrostok</i>	1990
<i>Clay Rook</i>	1991
<i>Brad Higginson, Kris Indzeoski</i>	1992
<i>Kevin Takasaki</i>	1993
<i>Calvin Scott</i>	1994

Cougar Athletic Awards - Football

Rookie of the Year Continued

<i>Brad Barton, Mario D'Agnone, Alan Rice</i>	1995
<i>Tyler Rice</i>	1996
<i>Anthony Vercillo</i>	1997
<i>Nick Hay</i>	1998
<i>Mark Feller</i>	1999
<i>Brady Nakama</i>	2000
<i>Alex Klare</i>	2001
<i>David Lyon</i>	2002
<i>Chance Lemisko, Jeff Mazurek</i>	2003
<i>David Stefanuk, Adam Selinger</i>	2004
<i>Hogan Short, Clinton Manybears</i>	2005
<i>Brad Shaskin</i>	2006
<i>Tyler Mantyak</i>	2007
<i>Zebb Reurink</i>	2008
	2009
	2010

Lineman of the Year Continued

<i>Travis Gerla</i>	1989
<i>Travis Gerla</i>	1990
<i>Bryan Whelpley</i>	1991
<i>Jeff Johnson</i>	1992
<i>Warren Doepker</i>	1993
<i>Dana Chief Body</i>	1994
<i>Aaron Seeman</i>	1995
<i>Brad Barton</i>	1996
<i>Brad Barton</i>	1997
<i>Tyler Rice</i>	1998
<i>Scott Baker</i>	1999
<i>Jeff Park</i>	2000
<i>Louis Balog</i>	2001
<i>Adam Lazzaretto</i>	2002
<i>Nick Straat</i>	2003
<i>Kyle Dalton</i>	2004
<i>David Stefanuk, Patrick Rodney</i>	2005
<i>Chad Epp, Ryland Jacklin</i>	2006
<i>Troy Deazevedo</i>	2007
<i>Garret Vanderagen, Steve Daniel</i>	2008
	2009
	2010

Lineman of the Year

Name	Year
St Francis Boys School	
<i>Rob Turner</i>	1964
<i>Jerry Grisak</i>	1965
<i>Duane Herbers</i>	1966
Catholic Central High School	
<i>Jim Zook</i>	1967
<i>Hubert Federkeil</i>	1968
<i>Rick Credico</i>	1969
<i>Robert Taylor</i>	1970
<i>Lyle Gallant</i>	1971
<i>Don Malesza</i>	1972
<i>Steve Devcic</i>	1973
<i>Barry Niedermier</i>	1974
<i>Roman Ksiazek, Craig Riech</i>	1975
<i>Raniero, Zucco</i>	1976
<i>Dennis Kaupp</i>	1977
<i>Kevin Sudo</i>	1978
<i>Glenn Viney</i>	1979
<i>Gary Daub</i>	1980
<i>Kevin Stroud</i>	1981
<i>Marcel Laramee</i>	1982
<i>Joe Meli</i>	1983
<i>Ed Schill, Frank Szing</i>	1984
<i>Glenn Jankowiak</i>	1985
<i>Kevin Garinger</i>	1986
<i>Shawn Ball</i>	1987
<i>Ian Walker</i>	1988

Player Who Contributes the Most with the Least Recognition

Name	Year
St. Francis Boys School	
<i>Paul Lowrie</i>	1965
<i>Les Hewlett</i>	1966
Catholic Central High School	
<i>John Molyneux</i>	1967
<i>Steve Mychasiuk</i>	1968
<i>George Rice</i>	1969
<i>Fred Hoffarth</i>	1970
<i>Jim Wilson</i>	1971
<i>Randy Royer</i>	1972
<i>Paul Burke</i>	1973
<i>Allan Boras</i>	1974
<i>Bill Grbavac</i>	1975
<i>Dave McLellan</i>	1976
<i>Dave Berlando</i>	1977
<i>Dave Seeman, Ken Rodzinyak</i>	1978
<i>Frank Zappone, Gerald Saccardo</i>	1979
<i>Brian LeClaire, Shawn Gilborn</i>	1980
<i>Len Desjarlais</i>	1981
<i>Norm Fallows</i>	1982
<i>Brent Bluekens</i>	1983

Cougar Athletic Awards - Football

Player - Least Recognition Continued

<i>Rocco Suriano, Duane Kambeitz</i>	1984
<i>Pat Kelly</i>	1985
<i>Mike Lynagh</i>	1986
<i>Paul Lefebvre, Mario Pasquotti</i>	1987
<i>Tony Seskus, Paul Lefebvre</i>	1988
<i>John Stiffarm</i>	1989
<i>Bryan Whelpley</i>	1990
<i>Dino Corazza</i>	1991
<i>Kelly Lambert, Brad Chief Body</i>	1992
<i>Lucas Ferguson</i>	1993
<i>Adam Johnson</i>	1994
<i>Calvin Scott, Grand Lau</i>	1995
<i>Alan Rice,</i>	1996
<i>Shawn Klein</i>	1997
<i>Beau Filkowski, Anthony Vercillo</i>	1998
<i>Anthony Vercillo, Kelly Smerek</i>	1999
<i>Tom Carriere</i>	2000
<i>Chris Callaghan</i>	2001
<i>Shane Whiteford</i>	2002
<i>Ryan McKeown</i>	2003
<i>Thomas Santoso</i>	2004
<i>Adam Selinger, Joey Vercillo</i>	2005
<i>Adam Selinger, Logan Redman</i>	2006
<i>Justin Dyck</i>	2007
<i>Scott Elford</i>	2008
	2009
	2010

Most Improved Player Continued

<i>Steve Riley, Ryan Nakama</i>	1998
<i>Todd No Runner</i>	1999
<i>Dave Fehr</i>	2000
<i>Craig Mitchell</i>	2001
<i>Alex Klare, Brad Martin</i>	2002
<i>Kyle Dalton</i>	2003
<i>Brendan Coffey, Jeff Mazurek</i>	2004
<i>James Laforge, Patrick Shelson</i>	2005
<i>Lane Beebe, Taylor Austin</i>	2006
<i>Matt Grieve</i>	2007
<i>J.P. Theroux, Travis Corazza</i>	2008
	2009
	2010

Junior Varsity Player of the Year

Name	Year
<i>Nathan Koch, Ryan Tarnava</i>	2006
<i>Shane Dustan, Connor Grigg</i>	2007
<i>Evan Parr, Mark Boychuck</i>	2008
	2009
	2010

Most Improved Player

Name	Year
<i>Mark Herauf</i>	1983
<i>Rob Krushel</i>	1984
<i>Rod Garinger</i>	1985
<i>John Dobirstern</i>	1986
<i>Tony Seskus</i>	1987
<i>Shaun Killins</i>	1988
<i>Tom Rodzinyak, Trevor Kish</i>	1989
<i>Scott Walker, Pete Syratt</i>	1990
<i>Chris Wyrostok</i>	1991
<i>Scott Bishop</i>	1992
<i>Regan Lane</i>	1993
<i>Nick Munroe, Gene Chu</i>	1994
<i>Toby Block, Aaron Duff</i>	1995
<i>Dallas Woodman, Paul Irvine</i>	1996
<i>Tyler Rice</i>	1997

Cougar Athletic Awards - Volleyball

Female 110% Player

Name	Year
<i>Colene Graham</i>	1989
<i>Colene Graham</i>	1990
<i>Jennifer Forestell</i>	1991
<i>Francesca Cultrera</i>	1992
<i>Jennefer Pawlak</i>	1993
<i>Laura Mc Donnell</i>	1994
<i>Lisa Myndio</i>	1995
<i>Sonya Vatcher</i>	1996
<i>Keyy Jo Craddock</i>	1997
<i>Kelly Jo Craddock</i>	1998
<i>Jane Renyk</i>	1999
<i>Dalyce Armstrong</i>	2000
<i>Andria Pavan</i>	2001
<i>Karissa Schmidt</i>	2002
<i>Taryn Myhre</i>	2003
<i>Lindsay Balfour</i>	2004
<i>Katherine Lowings</i>	2005
<i>Janelle Groten</i>	2006
<i>Janelle Delbello</i>	2007
<i>Aleigha Hopkins</i>	2008
	2009

Female Defensive Player

Name	Year
<i>Diana Smits</i>	1986
<i>Crey Stanko</i>	1987
<i>Carla Sharpe</i>	1988
<i>Janice Gyorkos</i>	1989
<i>Janice Gyorkos</i>	1990
<i>Jennefer Pawlak</i>	1991
<i>Jennefer Pawlak</i>	1992
<i>Melanie Marek</i>	1993
<i>Sarah Joly</i>	1994
<i>Nicole McKenzie</i>	1995
<i>Brianne Robertson</i>	1996
<i>Sonya Vatcher</i>	1997
<i>Callie Brosz</i>	1998
<i>Jackie Stroeve</i>	1999
<i>Jackie Stroeve</i>	2000
<i>Maggie Fox</i>	2001
<i>Melissa Weitz</i>	2002
<i>Stacey Robertson</i>	2003
<i>Taryn Myhre</i>	2004
<i>Breanna Quan</i>	2005
<i>Ashley Day Chief</i>	2006
<i>Kendra Huculak</i>	2007
<i>Kendra Huculak</i>	2008
	2009

Female MVP

Name	Year
<i>Martina Szilagyi</i>	1986
<i>Vanessa Upton</i>	1987
<i>Sharon Stoinski</i>	1988
<i>Tanya Huggins, Evelyn Scholten</i>	1989
<i>Tanya Huggins</i>	1990
<i>Robin Murphy</i>	1991
<i>Jennifer Forestell</i>	1992
<i>Cori Watson</i>	1993
<i>Trish Whimster</i>	1994
<i>Michelle Gibb</i>	1995
<i>Anita Nelis</i>	1996
<i>Brianne Robertson</i>	1997
<i>Michelle Kincheloe</i>	1998
<i>Jamie Kincheloe</i>	1999
<i>Amada Weitz</i>	2000
<i>Chantel Mulder</i>	2001
<i>Kelsey Jespersen</i>	2002
<i>Melissa Weitz</i>	2003
<i>Teneille Mulder</i>	2004
<i>Gina Goruk, Kenzie Van Nistelrooy</i>	2005
<i>Kala Van Buuren</i>	2006
<i>Kelsey Huculak</i>	2007
<i>Ashlyn Merriman</i>	2008
	2009

Female Rookie of the Year

Name	Year
<i>Carla Sharpe</i>	1986
<i>Sharon Stoinski</i>	1987
<i>Janice Gyorkos</i>	1988
<i>Nicole Lee</i>	1989
<i>Crystal Kain</i>	1990
<i>Jennifer Slavich</i>	1991
<i>Melanie Marek</i>	1992
<i>Trish Whimster</i>	1993
<i>Michelle Gibb</i>	1994
<i>Brianne Robertson</i>	1995
<i>Michelle Kincheloe</i>	1996
<i>Jane Renyk</i>	1997
<i>Jackie Stroeve</i>	1998
<i>Pat Mielcarek</i>	1999
<i>Kelsey Jespersen</i>	2000
<i>Christine Montana</i>	2001
<i>Teneille Mulder</i>	2002
<i>Diyon Van Nistelrooy</i>	2003
<i>Kenzie Van Nistelrooy, Gina Goruk</i>	2004
<i>Kala Van Buuren</i>	2005
<i>Amanda Harnos</i>	2006
<i>Karlee Gunderson</i>	2007
<i>Cassie Mucciarrone</i>	2008
	2009

Cougar Athletic Awards - Volleyball

Male 110% Player

Name	Year
<i>Chris McDougal</i>	1989
<i>Clay Rook</i>	1990
<i>Dennis Munroe</i>	1991
<i>Terry Villeneuve</i>	1992
<i>Brad Plaustainer</i>	1993
<i>Brad Plaustainer</i>	1994
<i>James Wagner</i>	1995
<i>Chris Noss</i>	1996
<i>Brad Kirchmayer</i>	1997
<i>Mark Weitz</i>	1998
<i>Steven Peters</i>	1999
<i>Justin Seitz</i>	2000
<i>Nathan Bruneau</i>	2001
<i>Luc Carriere</i>	2002
<i>Luc Carriere</i>	2003
<i>Jesse Van Buuren</i>	2004
<i>Cam Fuglerud</i>	2005
<i>Jordan Pavan</i>	2006
<i>Kam Mediwake</i>	2007
<i>Matt Bourret</i>	2008
	2009

Male Defensive Player

Name	Year
<i>Jason Kolysher</i>	1986
<i>Steve Dudas</i>	1987
<i>Mike Zimmer</i>	1988
<i>Mike Bierman</i>	1989
<i>Gordon Chee</i>	1990
<i>Brad Higginson</i>	1991
<i>C.J. Higginson</i>	1992
<i>Terry Villeneuve</i>	1993
<i>Kevin Rudolph</i>	1994
<i>Travis Smith</i>	1995
<i>Anthony Holgate</i>	1996
<i>Anthony Holgate</i>	1997
<i>Mark Krezlewicz</i>	1998
<i>Mark Krezlewicz</i>	1999
<i>Dustin Farfus</i>	2000
<i>Dustin Verhaeghe</i>	2001
<i>Aaron Shimek</i>	2002
<i>Jeff Waldner</i>	2003
<i>Jordan Bennett</i>	2004
<i>Jesse Vanderhayden</i>	2005
<i>Justin Quintin</i>	2006
<i>Ruben Koppe</i>	2007
<i>Aron Fredrick</i>	2008
	2009

Male MVP

Name	Year
<i>Dan Martyna</i>	1986
<i>Mike Zimmer</i>	1987
<i>Jason Kolysher</i>	1988
<i>Steve Ivan</i>	1989
<i>Tuan Pham</i>	1990
<i>Tuan Pham</i>	1991
<i>Rob Izsak</i>	1992
<i>Byron Bruneau</i>	1993
<i>Darren Plaustainer</i>	1994
<i>Chad Wells</i>	1995
<i>Rob Slavich</i>	1996
<i>Rob Slavich</i>	1997
<i>Joel Mrak</i>	1998
<i>Mark Weitz, Devin Mulder</i>	1999
<i>Devin Mulder</i>	2000
<i>Brian Nelis, Ben Van Deurzen</i>	2001
<i>Mike Stewart, Chris Goruk</i>	2002
<i>Allen Peters</i>	2003
<i>Jerrod Mulder</i>	2004
<i>Jeff Marthaller</i>	2005
<i>Mike Hawkins</i>	2006
<i>Devon Van Nistelrooy</i>	2007
<i>Eric Hinman</i>	2008
	2009

Male Rookie of the Year

Name	Year
<i>Chris Duncan</i>	1986
<i>Steve Ivan</i>	1987
<i>Ian Miller</i>	1988
<i>Jason Czarny, Chris Wyrostok</i>	1989
<i>Mike Verhage</i>	1990
<i>Rob Izsak</i>	1991
<i>Kevin Rudolph</i>	1992
<i>Darren Plaustainer</i>	1993
<i>Chad Wells</i>	1994
<i>Rob Slavich</i>	1995
<i>Joel Mrak</i>	1996
<i>Ryan Cain</i>	1997
<i>Devin Mulder</i>	1998
<i>Brian Nelis</i>	1999
<i>Ben Van Deurzen</i>	2000
<i>Chris Goruk</i>	2001
<i>Ken Fuglerud</i>	2002
<i>Jesse Van Buuren</i>	2003
<i>Jeff Marthaller</i>	2004
<i>Devon Van Nistelrooy</i>	2005
<i>Kyle Lohrenz</i>	2006
<i>Eric Hinman</i>	2007
<i>Travis Riedlhuber</i>	2008
	2009

Cougar Athletic Awards - Baseball

Player's Player Award
<i>Clayton Wiebe /94</i>
<i>Peter Schikowsky /95</i>
<i>Mark Besnak /96</i>
<i>Jeff Weitz /98</i>
<i>Mark Weitz /99 /00</i>
<i>Joe Legge /01</i>
<i>Logan Lavorato /02</i>
<i>James Dawson /03</i>
<i>No award after 2003 season</i>

Most Improved Player Award
<i>Jeff McPherson /94</i>
<i>Trevor Zasadny /95</i>
<i>Jason Bates /96</i>
<i>Jeff Weitz /96</i>
<i>Chris Merkl /97</i>
<i>Nick Kuhl /98</i>
<i>Kyle Puchinger /99</i>
<i>Rob Greeno /00</i>
<i>David Fehr /01</i>
<i>James Dawson /02</i>
<i>Luc Cariere /03</i>
<i>Brendan Coffey /04</i>
<i>Brendan Coffey /05</i>
<i>Paige Kreeft /06</i>
<i>Robbie Gfrerer /07</i>
<i>Robbie Prindle /08</i>
<i>Kyle Vavra /10</i>

Most Valuable Player Award
<i>Blair Watson /94</i>
<i>Blair Watson /95</i>
<i>Mark Besnak /96</i>
<i>Ryan Miller /97</i>
<i>Jeff Weitz /98</i>
<i>Steven Peters /99</i>
<i>Brent Wandler /00</i>
<i>Nathan Lowrie /01</i>
<i>Joe Legge /02</i>
<i>Ken Fuglerud /03</i>
<i>Allen Peters /04</i>
<i>Braeden Horon /05</i>
<i>Brock Fulkerth /06</i>
<i>Brock Fulkerth /07</i>
<i>Rylan Wiest /08</i>
<i>Sean Maclean /10</i>

Top Pitcher
<i>Matt Smith /04</i>
<i>Matt Smith /05</i>
<i>Kyle Rokosh/06</i>
<i>Cale Wright/07</i>
<i>Cole Lencucha /08</i>
<i>Justin Edgar /10</i>

Rookie of the Year
<i>Mark Bosnak /94</i>
<i>Ryan Miller /95</i>
<i>David Legge /96</i>
<i>Henry Gorcyca /97</i>
<i>Brent Wandler /98</i>
<i>Nathan Lowrie /99</i>
<i>Brandon Magierowski /00</i>
<i>Ken Fulglerud /01</i>
<i>James Dawson /01</i>
<i>Allen Peters /02</i>
<i>Matt Smith /03</i>
<i>Tom Collier /04</i>
<i>Matt Weninger /05</i>
<i>Adrian Diakow /06</i>
<i>Cole Lencucha/07</i>
<i>Cody Lencucha /08</i>
<i>Matt Malec /10</i>

JV Most Improved Player
<i>Lamont Healy /03</i>
<i>Kylle Rokosh /04</i>
<i>Riley Fowler /05</i>
<i>Brody Carter /06</i>
<i>No JV Team in 2007</i>
<i>No JV Team in 2009</i>

JV Most Dedicated Player
<i>Allen Peters /03</i>
<i>Andrew Grubber /04</i>
<i>Paige Kreeft /05</i>
<i>Patrick Bartoszyk /06</i>
<i>No JV team in 2007</i>
<i>No JV Team in 2008</i>



Cougar Athletic Awards

Girls Rugby

Impact Forward	
	2009
<i>Massiella Moreira</i>	2010

Impact Back	
<i>Holly Dalton</i>	2009
<i>Hillary Sheilds</i>	2010

Cougar Award	
	2009
<i>Janae Nahirney</i>	2010

Slo pitch Annual Awards	
------------------------------------	--

MVP	
<i>Terra Kaskiw</i>	2008
Aryn Bartoshyk	2009
Courtenay Farrinton / Aryn Bartoshyk	2010

Best Defensive Player	
Whitney Balog	2008
Courtenay Farrington	2009
Sarah Weninger	2010

110% Player	
Courtenay Farrington	2008
Cassie Mucciarone	2009
Cassie Mucciarone	2010

Most Improved	
Destiny St. Amand	2008
Hillary Derksen	2009
Hannah Gruber	2010

Rookie of the Year	
Chelsea Steinkey	2008
Vanessa Monaghan	2009
Sarah Weninger	2010

