

## **Carleton College National Athletic Awards**

### **National Champions**

1943 Wally Ulrich Men's Golf (Division I)\*  
1976 Dale Kramer Men's Cross Country  
1977 Dale Kramer Men's Outdoor Track (5,000m)  
1977 Dale Kramer Men's Cross Country  
1978 Dale Kramer Men's Outdoor Track (5,000m)  
1980 Team Men's Cross Country  
1987 Shelley Scherer Women's Cross Country  
1988 Dan Casper Men's Indoor Track (1,500m)  
1988 Lisa Kelly Women's Indoor Track (High Jump)  
1988 Anna Prineas Women's Indoor Track (3,000m)  
1988 Anna Prineas Women's Cross Country  
1989 Greg Sampson Men's Swimming (200 breast)  
1989 Anna Prineas Women's Outdoor Track (5,000m)  
1989 Anna Prineas Women's Outdoor Track (10,000m)  
1990 Greg Sampson Men's Swimming (100 breast)  
1990 Greg Sampson Men's Swimming (200 breast)  
1991 Greg Sampson Men's Swimming (100 breast)  
1991 Greg Sampson Men's Swimming (200 breast)  
1994 Aminah Ricks Women's Outdoor Track (100m)  
1995 Lydia Neilsen Women's Swimming (100 breast)  
1999 Sandy Helquist Women's Outdoor Track (400m hurdles)  
2002 Marie Marsman Women's Swimming (50 free)  
2002 Marie Marsman Women's Swimming (100 free)  
2002 Marie Marsman Women's Swimming (200 free)  
2003 Marie Marsman Women's Swimming (100 free)  
2003 Marie Marsman Women's Swimming (200 free)  
2005 Marie Marsman Women's Swimming (50 free)  
2005 Marie Marsman Women's Swimming (100 free)  
2005 Marie Marsman Women's Swimming (400 free relay)  
2005 Marie Marsman Women's Swimming (200 free relay)  
2005 Jenny Grover Women's Swimming (400 free relay)  
2005 Jenny Grover Women's Swimming (200 free relay)  
2005 Emily Mondloh Women's Swimming (400 free relay)  
2005 Andrea Barbera Women's Swimming (400 free relay)  
2005 Andrea Barbera Women's Swimming (200 free relay)  
2005 Jen Gratz Women's Swimming (200 free relay)

\*NCAA lists this as Division I but notes that Carleton is a Division III school

## **Honda Award**

1989 Anna Prineas Division III Woman of the Year (all sports)  
2002 Marie Marsman Women's Swimming finalist  
2003 Marie Marsman Women's Swimming finalist

## **NCAA Silver Anniversary Award**

1983 Michael Armacost Football/Basketball/Baseball  
2003 Dale Kramer Men's Track & Field and Cross Country

## **All Americans**

1933 Dick Arne Men's Basketball  
1937 F. Wayne Sparks Men's Basketball  
1939 Sonny Olson Men's Basketball  
1939 Richard Raiter Football  
1943 Wally Ulrich Men's Golf  
1952 Charlie Marck Football  
1968 Mike Steiner Men's Cross Country  
1969 Dave Gisselquist Men's Swimming & Diving  
1969 Mike Steiner Men's Outdoor Track (mile)  
1969 Bob Reddick Men's Cross Country  
1970 Doug Chase Men's Outdoor Track (mile)  
1974 Steve Reynolds Men's Cross Country  
1974 Dale Kramer Men's Cross Country  
1975 Steve Reynolds Men's Cross Country  
1975 Fred Hicks Men's Cross Country  
1975 Dale Kramer Men's Cross Country  
1976 Dale Kramer Men's Outdoor Track (500m)  
1976 Tim Morris Men's Golf  
1976 Dale Kramer Men's Cross Country  
1977 Dale Kramer Men's Outdoor Track (500m)  
1977 Roger Johnson Men's Outdoor Track (10,000m)  
1977 Steve Reynolds Men's Outdoor Track (10,000m)  
1977 Dale Kramer Men's Cross Country  
1978 Dale Kramer Men's Outdoor Track (5,000m)  
1979 Bob Pappas Men's Cross Country  
1980 Kate Damberg Women's Swimming & Diving  
1980 Bob Pappas Men's Outdoor Track (10,000m)  
1980 Chris Bierman Men's Cross Country  
1980 Todd Schafer Men's Cross Country  
1981 Kate Damberg Women's Swimming & Diving  
1981 Gene Dimagno Men's Outdoor Track (1,500m)  
1981 Becky Braddy Women's Outdoor Track (3,000m)  
1981 Sarah Tabbott Women's Outdoor Track (10,000m)  
1981 Todd Schafer Men's Cross Country  
1981 Bob Pappas Men's Cross Country  
1981 Quinn Batson Men's Cross Country

1981 Terry Jensen Women's Cross Country  
1982 Becky Braddy Women's Outdoor Track (3,000m)  
1983 Ken Potts Men's Swimming & Diving (diving)  
1983 Kim Gillen Women's Swimming & Diving  
1984 Kim Gillen Women's Swimming & Diving (100 fly)  
1984 Kim Gillen Women's Swimming & Diving (200 fly)  
1984 Rick Bollin Men's Outdoor Track (decathlon)  
1984 Melissa Hamilton Women's Outdoor Track (400m relay)  
1984 Lisa Hawkinson Women's Outdoor Track (400m relay)  
1984 Isemaye Opuodor Women's Outdoor Track (400m relay)  
1984 Jennifer Shah Women's Outdoor Track (400m relay)  
1984 Dave Treichel Men's Tennis  
1984 John Flygare Men's Tennis  
1985 Melissa Hamilton Women's Indoor Track (55m)  
1985 Kim Gillen Women's Swimming & Diving (200 fly)  
1985 Bill Hayes Wrestling  
1985 Andre Beaudoin Men's Outdoor Track (400m relay)  
1985 Loren Henning Men's Outdoor Track (400m relay)  
1985 Mark Winston Men's Outdoor Track (400m relay)  
1985 John Winter Men's Outdoor Track (400m relay)  
1985 Rick Bollin Men's Outdoor Track (decathlon)  
1985 Melissa Hamilton Women's Outdoor Track (55m)  
1985 Dave Treichel Men's Tennis  
1985 John Flygare Men's Tennis  
1986 Dan Casper Men's Indoor Track (1,500m)  
1986 Rick Bollin Men's Outdoor Track (decathlon)  
1986 Jeff Brown Men's Outdoor Track (pole vault)  
1986 Dan Casper Men's Outdoor Track (1,500m)  
1986 Dave Treichel Men's Tennis  
1987 Mac Test Men's Indoor Track (long jump)  
1987 Mac Test Men's Indoor Track (high jump)  
1987 Jeff Brown Men's Outdoor Track (decathlon)  
1987 Dan Casper Men's Outdoor Track (1,500m)  
1987 Mac Test Men's Outdoor Track (long jump)  
1987 Tom James Men's Tennis  
1987 Anna Prineas Women's Cross Country  
1987 Shelley Scherer Women's Cross Country  
1988 Dan Casper Men's Indoor Track (1,500m)  
1988 Mac Test Men's Indoor Track (high jump)  
1988 Anna Prineas Women's Indoor Track (3,000m)  
1988 Lisa Kelly Women's Indoor Track (high jump)  
1988 Greg Sampson Men's Swimming & Diving (200 breast)  
1988 Greg Sampson Men's Swimming & Diving (400 MR)  
1988 Blake Hoel Men's Swimming & Diving (400 MR)  
1988 Dan Trajano Men's Swimming & Diving (400 MR)  
1988 Bob Crawford Men's Swimming & Diving (100 free)

1988 Bob Crawford Men's Swimming & Diving (200 free)  
1988 Bob Crawford Men's Swimming & Diving (400 MR)  
1988 Dan Casper Men's Outdoor Track (800m)  
1988 Dan Casper Men's Outdoor Track (1,500m)  
1988 Jeff Brown Men's Outdoor Track (decathlon)  
1988 Mac Test Men's Outdoor Track (high jump)  
1988 Mac Test Men's Outdoor Track (long jump)  
1988 Lisa Kelly Women's Outdoor Track (high jump)  
1988 Anna Prineas Women's Outdoor Track (5,000m)  
1988 Anna Prineas Women's Outdoor Track (10,000m)  
1988 Tom James Men's Tennis  
1988 Anna Prineas Women's Cross Country  
1989 Dan Casper Men's Indoor Track (1,500m)  
1989 Anna Prineas Women's Indoor Track (3,000m)  
1989 Blake Hoel Men's Swimming & Diving (800 FR)  
1989 Hudson Murrell Men's Swimming & Diving (800 FR)  
1989 Greg Sampson Men's Swimming & Diving (800 FR)  
1989 Dan Trajano Men's Swimming & Diving (800 FR)  
1989 Greg Sampson Men's Swimming & Diving (100 breast)  
1989 Greg Sampson Men's Swimming & Diving (200 breast)  
1989 James Schuldt Men's Outdoor Track (hammer)  
1989 Peder Knutsen Men's Outdoor Track (discus)  
1989 Dan Casper Men's Outdoor Track (800m)  
1989 Dan Casper Men's Outdoor Track (1,500m)  
1989 Stephen Burch Men's Outdoor Track (decathlon)  
1989 Anna Prineas Women's Outdoor Track (5,000m)  
1989 Anna Prineas Women's Outdoor Track (10,000m)  
1989 John Nielson Baseball  
1989 Tom James Men's Tennis  
1989 Elizabeth Carpino Women's Cross Country  
1989 Jim Bradford Football  
1989 Scott Bunnell Football  
1989 Rebecca Fielder Women's Soccer  
1990 Greg Sampson Men's Swimming & Diving (100 breast)  
1990 Greg Sampson Men's Swimming & Diving (200 breast)  
1990 Jim Schuldt Men's Outdoor Track (hammer)  
1990 Steve Burch Men's Outdoor Track (decathlon)  
1990 Jennifer Streefland Women's Outdoor Track (heptathlon)  
1990 Leslie Gale Women's Tennis (singles)  
1990 Leslie Gale Women's Tennis (doubles)  
1990 Marcia Hunt Women's Tennis (doubles)  
1990 Jim Bradford Football  
1991 Greg Sampson Men's Swimming & Diving  
1991 Aminah Ricks Women's Indoor Track (55m)  
1991 Paul Blomgren Men's Outdoor Track  
1991 Gerard Cote Men's Outdoor Track

1991 Jeff Scherer Men's Outdoor Track  
1991 Adam Henry Men's Outdoor Track  
1991 James Schuldt Men's Outdoor Track  
1991 Aminah Ricks Women's Outdoor Track (100m)  
1991 Jennifer Streefland Women's Outdoor Track (heptathlon)  
1991 John Nielson Baseball  
1991 Leslie Gale Women's Tennis (doubles)  
1991 Marcia Hunt Women's Tennis (doubles)  
1991 Will Kemper Men's Cross Country  
1991 Melinda Hooker Women's Cross Country  
1991 Jim Bradford Football  
1992 Katherine Frewing Women's Basketball  
1992 Gerard Cote Men's Indoor Track (1,600m relay)  
1992 Jeff Scherer Men's Indoor Track (1,600m relay)  
1992 Dave Boardman Men's Indoor Track (1,600m relay)  
1992 Paul Blomgren Men's Indoor Track (1,600m relay)  
1992 Geoffrey Isaacman Men's Swimming & Diving (200 fly)  
1992 Lydia Neilsen Women's Swimming & Diving (100 breast)  
1992 Dave Boardman Men's Outdoor Track  
1992 Gerard Cote Men's Outdoor Track  
1992 Adam Henry Men's Outdoor Track  
1992 Jeff Scherer Men's Outdoor Track  
1992 Paul Blomgren Men's Outdoor Track  
1992 Will Kemper Men's Outdoor Track  
1992 Aminah Ricks Women's Outdoor Track (100m)  
1992 Aminah Ricks Women's Outdoor Track (200m)  
1992 Will Kemper Men's Cross Country  
1992 Art Gilliland Football  
1992 Geoff Morse Football  
1992 Watie White Football  
1993 Gerrick Monroe Men's Basketball  
1993 Lydia Neilsen Women's Swimming & Diving (100 breast)  
1993 Aminah Ricks Women's Outdoor Track (100m)  
1993 Aminah Ricks Women's Outdoor Track (200m)  
1993 Lisa Scott Women's Outdoor Track (1,500m)  
1994 Aminah Ricks Women's Indoor Track (55m)  
1994 Jon Bougie Men's Outdoor Track (800m)  
1994 Jon Bougie Men's Outdoor Track (10,000m)  
1994 Dan Virnig Men's Outdoor Track (800m)  
1994 Dan Virnig Men's Outdoor Track (1,500m)  
1994 Aminah Ricks Women's Outdoor Track (100m)  
1994 Aminah Ricks Women's Outdoor Track (200m)  
1994 Jon Bougie Men's Cross Country  
1994 Kevin Theissen Men's Cross Country  
1995 Max Harper Men's Swimming & Diving  
1995 Lydia Neilsen Women's Swimming & Diving

1995 Dan Virnig Men's Outdoor Track (1,500m)  
1995 Michelle Eisenreich Women's Outdoor Track (discus)  
1996 Kate Ainsworth Women's Indoor Track (800m)  
1996 Dan Virnig Men's Outdoor Track  
1996 Kate Ainsworth Women's Outdoor Track  
1997 Busola Akinwale Women's Indoor Track (long jump)  
1997 Kelly Hoeschen Women's Swimming & Diving (100 breast)  
1997 Dan Virnig Men's Outdoor Track (800m)  
1997 Steve Grove Men's Outdoor Track (1,600m relay)  
1997 Peter Imle Men's Outdoor Track (1,600m relay)  
1997 Zach Jones Men's Outdoor Track (1,600m relay)  
1997 Dan Virnig Men's Outdoor Track (1,600m relay)  
1997 Busola Akinwale Women's Outdoor Track  
1997 Heidi Sickler Women's Outdoor Track (1,500m)  
1998 Busola Akinwale Women's Indoor Track (long jump)  
1999 Sandra Helquist Women's Indoor Track  
1999 Sandra Helquist Women's Outdoor Track (400m)  
1999 Sandra Helquist Women's Outdoor Track (400m hurdles)  
2000 Sandra Helquist Women's Indoor Track  
2000 Angie Soucek Women's Swimming & Diving (3m dive)  
2000 Sandra Helquist Women's Outdoor Track (heptathlon)  
2000 Carrie Stuart Women's Outdoor Track (400m hurdles)  
2000 Kelly Tan Women's Outdoor Track (heptathlon)  
2001 Marie Marsman Women's Swimming & Diving (50 free)  
2001 Marie Marsman Women's Swimming & Diving (100 free)  
2001 Angie Soucek Women's Swimming & Diving (3m dive)  
2001 Laura Bloedorn Women's Outdoor Track (10,000m)  
2001 Carrie Stuart Women's Outdoor Track (400m hurdles)  
2002 Marie Marsman Women's Swimming & Diving (50 free)  
2002 Marie Marsman Women's Swimming & Diving (100 free)  
2002 Marie Marsman Women's Swimming & Diving (200 free)  
2002 Marie Marsman Women's Swimming & Diving (400 FR)  
2002 Andrea Barbera Women's Swimming & Diving (400 FR)  
2002 Molly Lalor Women's Swimming & Diving (400 FR)  
2002 Emily Mondloh Women's Swimming & Diving (400 FR)  
2002 Angie Soucek Women's Swimming & Diving (1m dive)  
2002 Angie Soucek Women's Swimming & Diving (3m dive)  
2003 Matt Hooley Men's Indoor Track (3,000m)  
2003 Jason Brown Men's Swimming & Diving (100 free)  
2003 Jason Brown Men's Swimming & Diving (200 free)  
2003 Marie Marsman Women's Swimming & Diving (50 free)  
2003 Marie Marsman Women's Swimming & Diving (100 free)  
2003 Marie Marsman Women's Swimming & Diving (200 free)  
2003 Marie Marsman Women's Swimming & Diving (200 FR)  
2003 Marie Marsman Women's Swimming & Diving (400 FR)  
2003 Marie Marsman Women's Swimming & Diving (800 FR)

2003 Emily Mondloh Women's Swimming & Diving (200 FR)  
2003 Emily Mondloh Women's Swimming & Diving (400 FR)  
2003 Emily Mondloh Women's Swimming & Diving (800 FR)  
2003 Jenny Grover Women's Swimming & Diving (200 FR)  
2003 Jenny Grover Women's Swimming & Diving (400 FR)  
2003 Jenny Grover Women's Swimming & Diving (800 FR)  
2003 Andrea Barbera Women's Swimming & Diving (200 FR)  
2003 Andrea Barbera Women's Swimming & Diving (400 FR)  
2003 Elise Knoche Women's Swimming & Diving (800 FR)  
2003 Dan Bucy Men's Outdoor Track (3,000m steeplechase)  
2003 Laura Bloedorn Women's Outdoor Track (10,000m)  
2003 Kristi Colbenson Women's Outdoor Track (javelin)  
2003 Kim Davis Women's Outdoor Track (heptathlon)  
2003 Sarah Russell Women's Tennis (doubles)  
2003 Amanda Sta. Romana Women's Tennis (doubles)  
2004 Kristi Colbenson Women's Outdoor Track (heptathlon)  
2004 Dan Bucy Men's Cross Country  
2004 Cassie Funke Women's Cross Country  
2004 Beth Freeman Volleyball (AVCA 3<sup>rd</sup> Team)  
2005 Megan Vig (D3hoops.com 3<sup>rd</sup> Team)  
2005 Marie Marsman Women's Swimming & Diving (50 free)  
2005 Marie Marsman Women's Swimming & Diving (100 free)  
2005 Marie Marsman Women's Swimming & Diving (200 free)  
2005 Marie Marsman Women's Swimming & Diving (200 free relay)  
2005 Marie Marsman Women's Swimming & Diving (400 free relay)  
2005 Marie Marsman Women's Swimming & Diving (400 medley relay)  
2005 Jenny Grover Women's Swimming & Diving (200 free relay)  
2005 Jenny Grover Women's Swimming & Diving (400 free relay)  
2005 Jenny Grover Women's Swimming & Diving (800 free relay)  
2005 Jenny Grover Women's Swimming & Diving (400 medley relay)  
2005 Emily Mondloh Women's Swimming & Diving (400 free relay)  
2005 Emily Mondloh Women's Swimming & Diving (800 free relay)  
2005 Emily Mondloh Women's Swimming & Diving (400 medley relay)  
2005 Andrea Barbera Women's Swimming & Diving (200 free relay)  
2005 Andrea Barbera Women's Swimming & Diving (400 free relay)  
2005 Jen Gratz Women's Swimming & Diving (200 free relay)  
2005 Elise Knoche Women's Swimming & Diving (800 free relay)  
2005 Molly Miller Women's Swimming & Diving (400 medley relay)  
2005 Steve Harris Men's Cross Country  
2006 Steve Harris Men's Indoor Track (5000m)  
2006 Ted Marschall Men's Swimming & Diving (400 IM)  
2006 Matt Frank Football (Football Gazette 2<sup>nd</sup> Team)  
2007 Ted Marschall Men's Swimming & Diving (200 IM)  
2007 Ted Marschall Men's Swimming & Diving (400 IM)  
2007 Kate Alexander Women's Swimming & Diving (200 breast)

## **Rhodes Scholars**

1907 Newcomb Chaney Football  
1931 Atherton Bean Men's Basketball  
1961 Steve Dickinson Football  
1982 Paul Vaaler Football, Baseball, Club Hockey  
2001 Carl Tape Men's Soccer, Men's Track & Field

## **NCAA Postgraduate Scholarships**

1967 Robert Paarlberg Football  
1969 Michael Steiner Men's Cross Country, Men's Track  
1969 Thomas Weaver Men's Basketball  
1973 Mark Williams Football  
1977 Frederick Hicks Men's Cross Country, Men's Track  
1978 Dale Kramer Men's Cross Country, Men's Track  
1981 Robert Pappas Men's Cross Country, Men's Track  
1982 James Tolf Men's Basketball  
1983 Paul Vaaler Football, Baseball  
1989 Anna Prineas Women's Track, Cross Country  
1993 Arthur Gilliland Football  
1995 Lydia Neilsen Women's Swimming & Diving  
1997 Jonathan Bougie Men's Cross Country, Men's Track  
1999 Joshua Wilhelm Men's Basketball  
2000 Sandra Helquist Women's Track  
2001 Carl Tape Men's Soccer, Men's Track  
2002 Angela Soucek Women's Swimming & Diving  
2003 Jason Brown Men's Swimming & Diving  
2004 Jeremy Schultz Men's Soccer  
2004 Matt Hooley Men's Indoor Track  
2004 Britta Veitenheimer Women's Swimming & Diving  
2005 Katherine Freeman Volleyball, Women's Basketball  
2005 Daniel Bucy Men's Track, Cross Country  
2005 Kristi Colbenson Women's Track, Women's Basketball  
2006 David Watson Men's Soccer  
2006 Stephen Harris Men's Cross Country, Track

## **Academic All Americans (as selected by CoSIDA)**

1992 Scott Hanks Football (1<sup>st</sup> team)  
1994 Jon Bougie Men's Cross Country (2<sup>nd</sup> team at large)  
1995 Lydia Neilsen Women's Swimming (2<sup>nd</sup> team at large)  
1995 Kevin Theissen Men's Cross Country (3<sup>rd</sup> team at large)  
1998 Max Harper Men's Swimming (2<sup>nd</sup> team at large)  
1999 Josh Wilhelm Men's Basketball (2<sup>nd</sup> team)  
2000 Sandy Helquist Women's Track (3<sup>rd</sup> team at large)

2000 Jeff Thurk Football (2<sup>nd</sup> team defense)

2003 Matt Hooley Men's Track & Cross Country (3<sup>rd</sup> team)

2003 Jason Brown Men's Swimming (1<sup>st</sup> team at large)

2004 Britta Veitenheimer Women's Swimming (2<sup>nd</sup> team at large)