

Amateur Sports Organization of the Year

2017 Amateur Organization of the Year: *Rochester Youth Fastpitch Softball Association

2016 Amateur Organization of the Year: *Rochester Youth Baseball Association

Rochester Area Lacrosse Rochester Youth Fastpitch Softball Association Orcas Swim Club Rochester Figure Skating Club

2015 Amateur Sports Organization of the Year:

Rochester Community Youth Basketball Association Kiwanis Rochester Youth Fastpitch Softball Association *American Legion Baseball MN Clash Wrestling

2014 Amateur Sports Organization of the Year:

Rochester Youth Baseball Association Med-City Marathon Just for Kix The Rotary Clubs of Rochester *MN USA Wrestling

2013 Amateur Sports Organization of the

Year: Rochester Century Girls Track Program Rochester Youth Baseball Association Rochester Youth Soccer Association Rochester Youth Volleyball Association *Rochester Swim Club Orcas

2012 Amateur Sports Organization of the Year: *Rochester Youth Volleyball Association

Rochester Swim Club - Órcas Northland Youth Wrestling Association Rochester Youth Hockey Association Rochester Youth Football Association

2011 Amateur Sports Organization of the Year:

Southeast Minnesota Wrestling Coalition Rochester Area Lacrosse Rochester Swim Club Orcas *Rochester Figure Skating Club Northland Youth Wrestling Association

2010 Amateur Sports Organization of the Year:

Rochester Softball
Association Rochester
Honkers – Baseball
Rochester Area Lacrosse
*Southeast Minnesota Wrestling Coalition (SEMWREC)
Rochester Quarterbacks Club

2009 Amateur Sports Organization of the Year:

Rochester Ice Hawks
Rochester Youth Soccer Association
Rochester Honkers
Rochester Orcas Swim Club
*Rochester Community Youth Basketball Assoc.

2008 Amateur Sports Organization of the Year:

*Minnesota Ice Hawks – Hockey Rochester Youth Soccer Association Rochester Royals – Baseball Rochester Figure Skating Club Rochester Track Club

2007 Amateur Sports Organization of the Year:

Minnesota Ice Hawks – Hockey The Clash – National High School Wrestling Duals Rochester Area Disabled Athletics & Recreation (RADAR) *Rochester Youth Football Association Med-City Marathon

2006 Amateur Sports Organization of the Year:

Minnesota Ice-Hawks – Hockey
*Rochester Honkers – Baseball
Rochester Softball Association
Rochester Youth Hockey Association
Rochester Youth Soccer Association

2005 Youth Sport Organization of the Year:

Rochester Youth Volleyball Association Rochester Youth Basketball Association *Rochester Youth Baseball Association Rochester Youth Football Association Rochester Youth Hockey Association



Amateur Team of the Year

2023 Amateur Team of the Year:

SCLA Girls Soccer

*Stewartville Football

RCTC Women's Basketball PIZM Boys Soccer Mayo Girls Tennis

2022 Amateur Team of the Year:

Century Girls 4x100

*Chatfield Softball

Hayfield Boys Basketball Lourdes Girls Tennis Chatfield Football

2021 Amateur Team of the Year:

Chatfield Football

*Hayfield Baseball

Hayfield Boys Basketball Lake City Girls Golf St. Charles Softball

2019 Amateur Team of the Year:

Stewartville Volleyball

*Lourdes Softball

RCTC Volleyball

Lourdes Girls 4x100 Relay

St. Charles boys Track & Field

2018 Amateur Team of the Year:

Zumbrota Mazeppa Wrestling

*Lourdes Football

Kasson-Mantorville Volleyball Lourdes Boys Tennis

Kasson-Mantorville Wrestling

2017 Amateur Team of the Year:

Zumbrota-Mazeppa Softball PEM Boys Track & Field

Goodhue Girls Basketball

Shock 9th Grade Basketball

*Kasson-Mantorville Wrestling

2016 Amateur Team of the Year: Grand

Meadow Football

*Zumbrota-Mazeppa Softball

PEM Girls Basketball

Kasson-Mantorville Wrestling

Lourdes Football

2015 Amateur Team of the Year: *Grand

Meadow Football

Dover-Eyota Girls Basketball RCTC

Football

Kasson-Mantorville Softball RCTC

Volleyball

2014 Amateur Team of the Year:

Grand Meadow Football Chatfield Wrestling Lourdes

Football

*Kasson-Mantorville Softball

Stewartville Volleyball

2013 Amateur Team of the Year:

*Gopher Football - Chatfield Falcons

Volleyball – Fillmore Central Superlarks Football – Grand Meadow Komets

Baseball – Kasson-Mantorville

Komets Wrestling - Kasson-Mantorville

2012 Amateur Team of the Year:

Bulldogs Boys Basketball – Plainview-Elgin-Millville Eagles Football – Rochester Lourdes Superlarks Football – Grand Meadow

Superiarks Football – Grand Meadow *Eagles Boys Soccer – Rochester Lourdes

Cardinals Girls Golf – Lewiston-Altura

2011 Amateur Team of the Year: Spartans

Boys Tennis - Rochester Mayo Tigers

Volleyball – Stewartville

*Yellowjackets Men's Basketball - RCTC

Eagles Boys Basketball – Rochester Lourdes Komets Wrestling – Kasson-Mantorville

2010 Amateur Team of the Year:

Bulldogs Boys Basketball - Plainview-Elgin-Millville

Eagles Girls Tennis - Rochester Lourdes

Yellowjackets Men's Basketball - RCTC

Cobras Football – Triton
*Eagles Football - Rochester Lourdes

2009 Amateur Team of the Year:

Bulldogs Boys Basketball – Plainview-Elgin-Millville

Komets Football - Kasson-Mantorville

*Yellowjackets Women's Basketball – RCTC

Rockets Girls Basketball – Rochester JM Bulldogs Boys Cross Country – P-E-M

2008 Amateur Team of the Year:

Spartans Boys Basketball – Rochester Mayo Eagles Girls Tennis – Rochester Lourdes Yellowjackets Women's Basketball – RCTC Panthers Boys

Swimming – Rochester Century

*Spartans Girls Tennis - Rochester Mayo

2007 Amateur Team of the Year:

Spartans Boys' Tennis – Mayo High School Wildcats Football – Goodhue

High School

*Yellowjackets Football - RCTC

Panthers Boys' Hockey – Century High School Spartans Girls' Swimming – Mayo High School



Coach of the Year

2023 Coach of the Year:

Ben Halder - Byron Football
Jeff Demeray - Mayo Tennis
Jason Bonde - RCTC Women's Basketball
*Garrett Mueller - Stewartville Football
Matt Kolling - Kingsland Football

2022 Coach of the Year:

Jerry Chase - Chatfield Softball Charro Coleman - Byron Gymnastics/Girls Track & Field

*Chris Mensick - Fillmore Football

Taige Puetz - SC/LA Soccer Ben Maes - Lourdes Girls Tennis

2021 Coach of the Year:

Chris Pack – Hayfield Basketball *Jeff Johnson – Chatfield Football Kasey Krekling – Hayfield Baseball Matt Northrup – Pl Boys Track Steve Randgaard – Lake City Girls Golf

2019 Coach of the Year:

Amber Zitzow – RCTC Volleyball **John Dzubay – Stewartville Volleyball** Corlis Hicks – Rochester STEM Fencing Becky Macken – Lourdes Softball Eric Klein – St. Charles Boys Track

2018 Coach of the Year:

Amber Zitzow – RCTC Volleyball Mike Kesler – Lourdes Football Link Steffen – ZM Wrestling *Jamie Heidt – KM Wrestling Nick Crossley – Century Tennis

2017 Coach of the Year:

Kevin Nelson - Zumbrota-Mazeppa Softball *Josh Wieme - Goodhue Girls Basketball Link Steffen – Zumbrota-Mazeppa Wrestling Jamie Heidt – Kasson-Mantorville Wrestling Randy Rager – RCTC Wrestling

2016 Coach of the Year:

Kevin Nelson – Zumbrota-Mazeppa Softball Josh Wieme – Goodhue Girls Basketball *Mike Kesler – Lourdes Football Jamie Heidt – Kasson-Mantorville Wrestling Brian LaPlante - RCTC Men's Basketball

2015 Coach of the Year:

Gary Sloan – Grand Meadow Football Bill Quistorff – RCTC Football Jeff Fague – Kasson-Mantorville Softball Amber Zitzow – RCTC Volleyball *Brian Harris – Dover-Eyota Girls Basketball

2014 Coach of the Year:

Gary Sloan – Grand Meadow Football *Joel Viss – Chatfield Wrestling John Dzubay – Stewartville Volleyball Amber Zitzow – RCTC Volleyball Mike Kesler – Lourdes Football

2013 Coach of the Year:

Denise Case – Fillmore Century Volleyball Jeff Johnson – Chatfield Football Paul Mann & Jamie Heidt – KM Wrestling *Gary Sloan – Grand Meadow Football Broc Threinen – KM Baseball

2012 Coach of the Year:

Tom Kane – Rochester Lourdes Boys Soccer Charro Coleman - Byron Track & Field *Kirk Thompson - PEM Boys Basketball Mike Kesler - Lourdes Football Gary Sloan - Grand Meadow Football

2011 Coach of the Year:

Jim Daly – Rochester Lourdes Boys Basketball *Brian LaPlante - RCTC Men's Basketball Steve Fritz - St. Thomas Men's Basketball Jeff Demaray – Rochester Mayo Boys Tennis Derrick Hintz - RCTC Football

2010 Coach of the Year:

*Mike Kesler - Rochester Lourdes Football
Brian LaPlante - RCTC Men's Basketball Jon
Vik - Rochester Century Football
Deb Frederick - Rochester Mayo Volleyball Paul
Bachman - Rochester JM Swimming

2009 Coach of the Year:

Kirk Thompson – PEM Boys Basketball

*Steve Hucke – RCTC Women's Basketball

Aaron Johnston – SDSU Women's Basketball

Jane Krier – Byron Volleyball

Terry Heiderscheidt – Roch. JM Girls Basketball

2008 Coach of the Year:

Nick Fatis – MN Ice Hawks Hockey
*Kevin Rust – Lourdes Boys & Girls Tennis
Dale Magnuson – Century Swimming Deb
Frederick – Mayo Girls Volleyball Dave
Edwards – Mayo Girls Tennis

2007 Coach of the Year:

Nick Fatis – MN Ice Hawks Hockey John Dzubay – Stewartville Girls' Volleyball *Brad LaPlante – RCTC Football Mike Kesler – Rochester Lourdes Football Kirk Thompson – PEM Boys' Basketball



Female Athlete of the Year

2023 Female Athlete of the Year:

Haylie Strum - Stewartville Basketball & Track

Claire Loftus - Mayo Tennis

*Makadyn Gust - St. Charles Basketball, Soccer, & Softball

Elise Jensen - Century Volleyball, Track & Field Paige Halder - Byron Basketball, Track, & Soccer

2022 Female Athlete of the Year:

Claire Springer - Chatfield Softball

*Hannah Hanson - Mayo Volleyball, Basketball, Track

Lilly Meister - John Marshall Basketball

Anika Reiland - GMLOKS Track

Rylee Nelson - ZM Volleyball

2021 Female Athlete of the Year:

Avery Steffen – ZM Softball

Katie Lembrecht - Byron Soccer, BB, Track

Lindsey Root – St. Charles Track

Maggie Hanzel - Lourdes Hockey

*Sawyer Gorman - PI/ZM Gymnastics

2019 Female Athlete of the Year:

*Alyssa Ustby - Lourdes Soccer, Basketball & Softball

Kaitlyn Prondzinski – Stewartville Volleyball

Lexi Chase - Chatfield Softball

Annie Wendt - Mayo Track

Emilee Buringa - St. Charles Softball

2018 Female Athlete of the Year:

Taylor Kreitinger – Byron Soccer & Track

Clare Palen/Natalie Allison – Lourdes Tennis

Ayoka Lee - Bryon Basketball, Track & Volleyball

*Peyton Suess - Kasson-Mantorville Volleyball

Makayla Pahl - Mayo Hockey

2017 Female Athlete of the Year:

Makayla Griffin – Kasson-Mantorville Soccer

*Mara Quam – Kenyon-Wanamingo Basketball, T&F, Volleyball

Kristin Scott – Kasson-Mantorville Basketball

Kara O'Byrne – Stewartville Softball

Abby Mueller - Rochester JM Gymnastics

2016 Female Athlete of the Year:

*Andrianna Jacobs - Century Track, Diving, **Gymnastics**

Jamie Ruden – John Marshall Basketball

Ashley Olson - Dover Eyota Soccer, Basketball, Track

Sam Macken –U of M Softball

Morgan Olson –Zumbrota-Mazeppa Softball

2015 Female Athlete of the Year:

*Maddie Damon – Kasson-Mantorville Softball

Andrianna Jacobs - Century Track, Diving,

Gymnastics Jessica Aney - Century Boys Tennis,

Girls Hockey Carley Miller - Kasson-Mantorville

Weightlifting

Brandi Blattner - Dover-Eyota Basketball

2014 Female Athlete of the Year:

Andrianna Jacobs – Century Track, Diving, Gymnastics *Paige Tapp – U of M Volleyball Taylor Wiebke - Kasson-Mantorville Track and Field Jessica Aney - Century Hockey, USA

Tennis Maddie Damon – Kasson-Mantorville Softball

2013 Female Athlete of the Year:

Vanessa Anderson - Byron Basketball & Softball Katie Aney - Century Tennis, Hockey & Lacrosse Maddison Damon – Kasson-Mantorville Softball Andrianna Jacobs - Century Diving, Gymnastics,

*Dani Wagner - Hayfield Volleyball, Basketball & Softball

2012 Female Athlete of the Year:

Ashley Hinsch - Zumbrota-Mazeppa Basketball, Volleyball

Jessica Aney – Rochester Century Tennis, Hockey

*Laurel Ramer - Kasson-Mantorville Soccer

Erin Caflisch - Rochester Mayo/U of M Swimming

Sam Macken - Rochester Lourdes Softball

2011 Female Athlete of the Year:

*Ingrid Neel - Rochester Mayo Tennis

Jessica Aney – Rochester Century Tennis Lauren Luebbe – Rochester Lourdes/Regis Basketball Taylor Bass – Rochester JM Swimming Jordan Price - Byron Golf, Volleyball, Basketball

2010 Female Athlete of the Year:

Laura Melguist - Rochester Lourdes Basketball Kelsey Frechette - Rochester Century Tennis

Brittney Looker - Rochester Mayo Volleyball *Julia Hirssig - UW-Stout Basketball (Mayo)

Jessica Aney - Rochester Century Tennis/Hockey

2009 Female Athlete of the Year:

Anne Breland – RCTC Women's Basketball Rachael Click - Gustavus Adolphus Softball

(Mayo) Julia Hirssig – UW-Stout Basketball

Mary Grace Flesher – Roch. Mayo Soccer/Hockey *Maggie McNamara – Concordia-St. Paul Volleyball

2008 Female Athlete of the Year:

*Alexa Palen - Rochester Lourdes Tennis

Jenny Shaughnessy – U of M Swimming (JM)

Steph Brandt – Century Soccer Maggie McNamara – Concordia-St. Paul Volleyball (Z-M) Anne Breland – RCTC Basketball (Lourdes)

2007 Female Athlete of the Year:

Alexa Palen - Rochester Lourdes Tennis

*Jenny Shaughnessy – U of M Swimming (JM)

Lin Gentling - Marathon Runner

Emily Rogers - Rochester Century Tennis Tess

Hanson - Rochester Mayo Soccer



Male Athlete of the Year

2023 Male Athlete of the Year:

Isaac Matti - Hayfield Football & Basketball Christopher Tree - Pine Island Soccer, Track & Field *Carter Holcomb - Mayo Football & Track

Ayden Helder - Stewartville Football Jayce Kiehne - Fillmore Central Football

2022 Male Athlete of the Year:

Noah Billings - Rochester Nordic Ski Team - Mountain Bike

- Triathlete

*Bennett Berge - KM Wrestling

Gavin Gust - Dover-Eyota Wrestling Jarod White - Pine Island Track and Field Joe Sperry - Lourdes Baseball

2021 Male Athlete of the Year:

Brody Lamb - Dodge County Hockey

*Cayden Holcomb - Mayo Football, Baseball & Track

Easton Fritcher - Hayfield Baseball Ethan Slaathaug - Hayfield Basketball Jarod White - PI Track & Field Will Tschetter - Stewartville Basketball & Track

2019 Male Athlete of the Year: *Patrick Kennedy - KM Wrestling

Jack Fisher - Century Football, Basketball & Track Jeron Matson – Kenyon-Wanamingo Wrestling Tyler Ryan – Kenyon-Wanamingo Wrestling Matthew Hurt – John Marshall Basketball

2018 Male Athlete of the Year:

Patrick Kennedy - Kasson-Mantorville Wrestling Barron Holtz - PEM Baseball Reed Davis - Schaeffer Baseball Sebastian Vile - Mayo Tennis *Matthew hurt - John Marshall Basketball

2017 Male Athlete of the Year:

Tysen Schmidt – PEM Track

*Brady Berge - Kasson-Mantorville Wrestling

Bailee O'Reilly - Goodhue Wrestling Sebastian Vile – Rochester Mayo Tennis Matthew Hurt - Rochester JM Basketball

2016 Male Athlete of the Year:

*Brady Berge - Kasson-Mantorville Wrestling Jack Nelson –Winona State Football Christopher Bain - Grand Meadow Football

Zach Liebler -U of M Gymnastics Michael Hurt -John Marshall Basketball

2015 Male Athlete of the Year:

Andrew Worden - Kasson-Mantorville Gymnastics *Nick Rooney - RCTC Football Alex Kapraun - St. Thomas Golf Chase Rahman - PEM Football Brady Berge - Kasson-Mantorville Wrestling

2014 Male Athlete of the Year:

Sam Stoll - Kasson-Mantorville Wrestling *Brad Mathiowetz – Mayo Baseball Landon Jacobson - Grand Meadow Football Chris Captain - Century/Gustavus Golf Aaron Quandt – Stewartville Football & Basketball

2013 Male Athlete of the Year:

*Sam Stoll - Kasson-Mantorville Wrestling Micah Hegerle – KM/U of M Track & Field Riley Donovan - KM Baseball/USD Football Jack T. Nelson - Byron Basketball/WSU Football Christopher White - SDSU Diving

2012 Male Athlete of the Year:

Broc Berge - Kasson-Mantorville Wrestling *Mitch Brown - Rochester Century Baseball Brian Kiel – Rochester Century/Purdue Swimming Jack T. Nelson – Byron Football, Basketball, Baseball Alex Crawford - Rochester Century Football

2011 Male Athlete of the Year:

Chris Freeman – Rochester Century Swimming Cole Olstad - PEM Basketball Alex Kapraun – Rochester Lourdes/St. Thomas Golf *Caleb Leichtnam - RCTC Football Mike Schmitz - Stewartville/UW-Lacrosse Wrestling

2010 Male Athlete of the Year:

Aaron Senne - Univ. of Missouri Baseball (Mayo) Ben Kopecky - Rochester Lourdes Tennis Isaac Odim - Univ. of MN-Duluth Football (Century) Joe Clark - Augustana College Football (Century) *Adam Lentz - Rochester Lourdes Football

2009 Male Athlete of the Year:

*Tyler Cain - Univ. of South Dakota Basketball Chris Paradise – K-M Football, Basketball & Baseball David Johnson - Winona State Basketball (Hayfield) Ben Kopecky - Rochester Lourdes Tennis Kendrick Bachman – JM/U of WY Swimming (JM)

2008 Male Athlete of the Year:

Vince Herring – Swimming Jason Rhoten – Minnesota State Univ. Wrestling (K-M) Jordan Hicks – Loyola Basketball (Mayo) Aaron Senne – U. of Missouri Baseball (Mayo) *Alex Kangas – U. of Minnesota Hockey (Century)

2007 Male Athlete of the Year:

Mike Schmitz – Stewartville Wrestling
Tyler Sherden – Luther College Football (JM)
*Matt Penz – St. Olaf College Football (Mayo) Mario Butler – Rochester Mayo Football Barret Anderson – UNI Football (Rochester Mayo)



Adaptive Athlete/Team of the Year

2023 Adaptive Athlete/Team of the Year:

Joseph Hansen - Rochester Raiders Soccer, Softball, & Floor Hockey

*Tyler Gunnarson - Track & Field

Rochester Raiders Soccer Rochester Raiders Softball

2022 Adaptive Athlete/Team of the Year:

Zed Zorros Bowling Tyler Gunderson - 100 Meter Wheelchair Dash Rochester Raiders - PI Floor Hockey *Goodhue County - ASD Bowling Will Adamson - Rochester Raiders

2021 Adaptive Athlete/Team of the Year:

*Peyton Gunnarson - LA Track & Field

Rochester Adaptive Soccer PI Division Seth Pack - ZED Zorros

2019 Adaptive Athlete/Team of the Year:

ZED Zorros Bowling Steven Casey Rochester Flyers Football *Noah Johnson - Rochester Raiders Rochester Raiders Softball

2018 Adaptive Athlete/Team of the Year:

Janet Harner - Rochester Flyers Blake Hillman – Raiders Softball *Alex Steffl - Rochester Flyers Julian Stacy - Raider Softball Tony Kasner - Rochester Flyers

2017 Adaptive Athlete/Team of the Year:

Sean Healy - Raiders Hockey and Softball Shelley Lowery - Rochester Flyers *Alex Steffl - Rochester Flyers Philip Fritzke - Flyers Bowling Rochester Flyers Blue Team

2016 Adaptive Athlete/Team of the Year: *Hannah Hughes -USA Sled Hockey

Rochester Raiders Alex Steffl - Special Olympics Poly Hockey Rochester Flyers Rachel Wilmes -Rochester Raider

2015 Adaptive Athlete/Team of the Year:

Sean Healy – Raiders Hockey and Softball Raiders Softball Team Alex Steffl – Special Olympics Poly Hockey *Ricky Ties - Paralympic USA Judo Special Olympics Bocce Ball Team

2014 Adaptive Athlete/Team of the Year:

Tori Osmundson - Raiders Hockey and Softball *Matthew Copler - Basketball, Golf, Softball Toriano Dixon – Raiders Hockey and Softball Patrick Healy - Raiders Hockey and Softball Stephen Guerra - National Beep Baseball

2013 Adaptive Athlete/Team of the Year: Toriano

Dixon – NJDC Archery/Rochester Raiders Patrick Healy - Rochester Raiders *Conor Jones – Rochester Raiders Rochester Red Raiders - Adaptive Floor Hockey Rochester Raiders - Adaptive Softball Team

2012 Adaptive Athlete/Team of the Year:

SE MN Miracle League - Baseball *Mitch Ristau - Fillmore Central Football Kathryn Lubahn - Pine Island Track & Field Nicole Mock - Rochester Raiders Ben Jordan - Rochester Raiders

2011 Adaptive Athlete/Team of the Year:

SE MN Miracle League - Baseball Matthew Copler - Golf, Hockey Amy Holty - Swimming
*Zach Thesing - St. Charles Wrestling Andy Brownell - Bowling

2010 Adaptive Athlete/Team of the Year: Southeastern

MN Miracle League (Baseball/Softball) Matthew Copler -Special Olympics Hawk Beaugard - Rochester Raiders
*Nate Sorenson - Rochester Raiders Conor Jones - Rochester Raiders

2009 Adaptive Athlete/Team of the Year:

Southeastern MN Miracle League (Baseball/Softball) *Rochester Shining Stars - Cheer Team Maynard Read - Wheelchair Racing Rochester Special Olympics - Basketball Rochester Raiders – Adaptive Floor Hockey

2008 Adaptive Athlete/Team of the Year: Southeastern MN Miracle League - Softball/Baseball Rochester Shining

Stars - Cheer Team

*Andrew Watts - Rochester Raiders Rochester Special Olympics Basketball Team

Matthew Copler - Rochester Raiders, Special Olympics

2007 Adaptive Athlete/Team of the Year:

Shining Stars Cheer Team *Rusty Hagan - Rochester Raiders Rochester Raiders - Adaptive Floor Hockey Deb Stennes - Special Olympics Basketball Torin Roberts - Special Olympics



Amateur Sports Lifetime Achievement Award

2023 - Jon Springer

2022	_	Pat	Lu	nc

2019 - Keith Kangas

2018 - Dick Gosse

2017 - Bill Shaughnessy

2016 - Gary Addington

2015 - Bob Bardwell

2014 - Vince Herring

2013 - Carole Shulman

2012 - Don Supalla

2011 - Chub Stewart

2010 - Ken Johannson

2009 - Mike Carroll

2008 - Bob Brown

2007 - Kerwin Englehart

2006 - Roy Sutherland

2005 - Kak & Dewey Johnson

Coaches Lifetime Achievement Award

2018 - Cy Champa - RCTC Football

2017 - Don Henderson - Triton Football

2016 - Dale Massey - Mayo Baseball

2015 - Jarvis Anderson - PEM Baseball Coach

2014 - Myron Glass - Rochester Lourdes GBB, T&F

2013 - Joe Mayer - Rochester Lourdes Football

2012 - Neil McCormack - Rochester Mayo Golf

2011 - Evar Silvernagle - Rochester Swimming

2010 - Lorne Grosso - Rochester Mayo Boys Hockey

2009 - Doug Hudson - Rochester Lourdes Baseball

2008 - Bill Sutter - Goodhue Wrestling



Post High School Female Athlete of the Year:

2023 - Taylor Heise - University of Minnesota / Minnesota Frost PWHL

2022 - Liv Korngable - University of South Dakota Basketball

2021 - Ayoka Lee - Kansas State Basketball

2019 - Jessie Aney - UNC Tennis

2018 - Nora Holtan - Gustavus Volleyball

2017 - Sam Macken - University of Minnesota Softball

Post High School Male Athlete of the Year:

2023 - Cade Sheehan - Augsburg University Football

2022 - Mac Horvath - University of North Carolina Baseball

2021 - Matthew Hurt - Duke Basketball

2019 - Brett Bradford - Lindsey Wilson Wrestling

2018 - Chris Captain - Gustavus Golf

2017 - Derek Wiebke- University of Minnesota Track & Field

Youth Team of the Year:

2018 - Rochester Youth Soccer U12 Boys C1 Team