

RUGBY HIGH SCHOOL

GIRLS TRACK & FIELD LETTER & AWARD WINNERS

2005

Seniors

Allison Brossart (2)
Jessica Friestad (6)
Jana Gronvold (5)
Leah Lehman (4)
Valerie Moller (6)
Jena Suchor (4)
Shannon Swanson (4)

Juniors

Nicole Hager (2)
Amanda Heilman (3)
Kristen Laib - Stat (1)
Kelsey McAtee (5)
Marah Schiele (2)

Sophomores

Alyssa Bednarz - Stat (1)
Nicole Fritel (2)
Kaycee Grochow (2)
Morgan Gronvold (4)
Courtney Jorgenson (3)
Sarah Skipper (4)
Jessica Tuchscherer (4)
Courtney Weiss (3)

Freshmen

Cassandra Blessum (1)
Kali Erickson (1)
Vanessa Friestad (3)
Tara Kuntz (1)
Kelsea Volk (1)
Danielle Wangler (3)
Kirsten Welk (2)
Leah Wentz (3)

8TH Graders

Kristi Black (2)
Amanda Blay (1)
Mariah Koenig (1)
Ashley Salwey (2)
Joclyn Seiler (1)

7th Graders

Stephanie Friestad (1)
Chelsea Halvorson (1)

MOST VALUABLE

Sarah Skipper

MOST DEDICATED

Jessica Friestad, Kelsey McAtee

MOST IMPROVED

Courtney Jorgenson

TEAM MOTIVATOR

Valerie Moller

TEAM CAPTAINS

Valerie Moller
Shannon Swanson

LEADING SCORER

Vanessa Friestad – 296 5/6 points

SCHOOL RECORDS

Shot Put - Leah Wentz - 39'11½"
Long Jump - Vanessa Friestad - 17'11¾"
Triple Jump - Vanessa Friestad - 36'7"