

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Big Northern All-Conference: Fall & Winter

Name	Yr.	Sport	Recognition	Season
Mary Buzzard	Sr	Girls X-Country	All-Conference-10th	2008
Sarah Kortze	Sr	Girls X-Country	All-Conference-1st	2008
Miranda Lofgren	Sr	Girls X-Country	All-Conference-14th	2008
Ian Lofgren	So	Boys X-Country	All-Conference-12th	2008
Nathan Green	Sr.	Football	All-Conference	2008
Jake Koehler	Sr.	Football	All-Conference	2008
Stephen Baxter	Sr	Football	Special Mention	2008
Patrick Hoffman	Jr	Football	Special Mention	2008
Drake Bronc	Sr	Boys Golf	All-Conference-2nd	2008
Will Ilseman	Sr	Boys Golf	All-Conference-5th	2008
Will Drerup	Fr	Boys Golf	All-Conference-1st	2008
Bard Giamalva	Jr	Boys Golf	Honorable Mention-14 th	2008
Zack Larson	So	Boys Golf	Honorable Mention-12 th	2008
Paige Hood	Sr	Girls Golf	All-Conference-	2008
Elizabeth Blomgren	Jr.	Girls Golf	All-Conference-	2008
Cynthia Bounleutay	Fr	Girls Golf	All-Conference-	2008
Ashley Crawford	Sr.	Girls Golf	Honorable Mention-	2008
Ishwer Patel	Sr	B. Soccer	All-Conference	2008
Caleb Thunberg	Jr.	B. Soccer	Honorable Mention	2008
Annie Nelson	Sr	Volleyball	All-Conference	2008
Sarah Williams	Sr	Volleyball	All-Conference	2008
Heather Baier	Sr.	G. Basketball	All-Conference	2008-09
Dawn Martin	Sr.	G. Basketball	All-Conference	2008-09
Laura Rushing	So.	G. Basketball	All-Conference	2008-09
Lauren McKee	Sr.	G. Basketball	Honorable Mention	2008-09
Martin Dobler	Jr.	Wrestling	All-Conference-152	2008-09
Quinn Johnson	Jr.	Wrestling	All-Conference-145	2008-09
Jordan Semevolos	Jr.	Wrestling	All-Conference-135	2008-09
Dan Allen	So.	Wrestling	All-Conference-103	2008-09
Michael Andrukaitis	Fr.	Wrestling	All-Conference-140	2008-09
Dan Young	Jr.	Wrestling	Honorable Mention-285	2008-09
Andrew Wieting	So.	B. Basketball	All-Conference	2008-09
Taylor Dixon	Sr.	B. Basketball	Honorable Mention	2008-09
Nathan Green	Sr.	B. Basketball	Honorable Mention	2008-09

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Northern Illinois Bowling Conference – Top 16

Name	Yr.	Sport	Recognition	Season
Garrett Hyle	Sr	B. Bowling	NIBC-Top 16 – 1 st Team	2008-09
Jayson Donnell	Jr.	B. Bowling	NIBC-Top 16 – 1 st Team	2008-09
Sarah Miles	So.	G. Bowling	NIBC Top 16-1 st Team	2008-09

Big Northern All-Conference: Spring

Name	Yr.	Sport	Recognition	Season
Kyle Wascher	Sr.	Baseball	All-Conference	2009
Alex Johnson	Jr.	Baseball	All-Conference	2009
Brant Kling	Jr.	Baseball	All-Conference	2009
Andrew Wieting	So.	Baseball	All-Conference	2009
Andrew Kortze	So.	Baseball	Honorable Mention	2009
Whitney Paris	Sr.	Softball	All-Conference	2009
Heather Baier	Sr.	G. Soccer	All-Conference	2009
Mary Buzzard	Sr.	G. Soccer	All-Conference	2009
Sierra Makeever	Sr.	G. Soccer	All-Conference	2009
Allie Krebs	Jr.	G. Soccer	All-Conference	2009
Miranda Lofgren	Jr.	G. Soccer	All-Conference	2009
Hannah Williams	Jr.	G. Soccer	All-Conference	2009
Rachel Meinert	So.	G. Soccer	All-Conference	2009
Hillary Tamar	Sr.	G. Soccer	Honorable Mention	2009
Katrina Muther	So.	G. Soccer	Honorable Mention	2009
Sarah Kortze	Sr.	G. Track	All-Conference-3200m.	2009

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Individual Recognition High School Individual

- Sport	Recognition	Year
Michael Andrukaitis	IHSA Regional Wrestling Champion-140	2009
	IHSA Sectional Wrestling Qualifier-140	2009
	IHSA State Wrestling Qualifier-140	2009
Cynthia Bouletaury	Big Northern Conference Golf Medalist -1st	2008
	IHSA 1A Regional Golf -1 st	2008
	IHSA 1A Sectional Golf - 2 nd	2008
	IHSA 1A State Girls Golf Meet - 5th	2008
Martin Dobler	IHSA Sectional Wrestling Qualifier	2009
Will Drerup	Big Northern Conference Golf Medalist -1st	2008
Heather Baier	1 st Annual Rock River Valley Showcase All-Star	4-11-09
	1 st Annual Northern Illinois Senior All-Star Classic	4-25-09
Meghan Bradley	IHSA State Qualifier - 4 x 800 m. relay	2009
	IHSA Sectional Champion - 4 x 800 m. relay	2009
Mary Buzzard	WREX Channel 13 - Athlete of the Week	April 5, 2009
	Wendy's High School Heisman Award	
	State of Illinois Winner	2009
	IHSA All-State Academic Team - Top 26	2009
	G. Soccer - IHSSCA All-Sectional First Team	2009
Danae Fritz	RL Stadium Track Record - 100 m. Hurdles 18.1	2009
Mike Gallagher	RL Stadium Track Record - 400 m. :53.5	2009
	School Track Record - 400 m. :50.7	2009
	IHSA State Track Qualifier - 400 m.	2009
Nathan Green	Illinois Football Coaches Association	
	All-State Academic Team - 4A	2008
Earl Grigsby	RL Stadium Track Record - High Jump 6'0	2009
Beth Gustafson	IHSA State Track Qualifier - 4 x 800 m. relay	2009
	IHSA Sectional Track Champion - 4 x 800 m. relay	2009
Quinn Johnson	IHSA Regional Wrestling Champion	2009
	IHSA Sectional Wrestling Qualifier	2009
Jake Koehler	Illinois Football Coaches Association	
	All-State Academic Team - 4A	2008

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Individual Recognition High School Individual – continued

- Sport	Recognition	Year
Sarah Kortze	Big Northern Conference XC Medalist – 1 st	2008
	IHSA Regional XC Champion – 1 st	2008
	IHSA Sectional XC Champion – 1 st	2008
	IHSA 1A State XC Meet – 2 nd Place (All-State)	2008
	IHSA State 1A Track Qualifier – 3200m. & 1600m.	2009
	Alternate for the 4x800 m. relay	
	IHSA Sectional Track Champion – 3200 & 1600 m.	2009
	IHSA State Track Meet – 5 th Place in 3200 m.	2009
	School Track Record – 1600 m. 5:30.2	2009
	RL Stadium Track Record – 3200 m. 11:55.6	2009
Miranda Lofgren	IHSA 1A State XC Meet – 25 th Place (All-State)	2008
	G. Soccer – IHSSCA All-Sectional First Team	2009
Dawn Martin	IHSA State Track Qualifier – 4 x 800 m. relay	2009
	IHSA Sectional Track Champion – 4 x 800 m. relay	2009
Lauren McKee	IHSA State Girls Tennis Qualifier	2008
Whitney Paris	1 st Annual Northern Illinois Softball Classic-All-Star	2009
Jordan Semevolos	IHSA State Wrestling Sectional Qualifier	2009
Eric Widstrom	1 st Annual Rock River Valley Showcase All-Star	4-11-09
	1 st Annual Northern Illinois Senior All-Star Classic	4-25-09
Hannah Williams	G. Soccer – IHSSCA All-Sectional First Team	2009
Emily Wonder	IHSA State Track Qualifier – 1600 m.	2009
	IHSA State Track Qualifier – 4 x 800 m. relay	2009
	IHSA Sectional Track Champion – 4 x 800 m. relay	2009
Coach Devin Smith	Illinois Basketball Coaches Association (IBCA)	4-25-09
	IBCA District 10 "Co-Coach of the Year"	
	150 th Career Win vs. Elgin St. Ed	3-4-09
Coach Scott Lofgren	100 th Career Win vs. Genoa-Kingston (G. Soccer)	5-12-09

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Jr. High Individual

- Sport	Recognition	Year
Bianca Alonzo	RL Stadium Track Record – 400 m. Relay 0:57.2	2009
	LSA State Track Meet – 400 m. Relay – 5 th	2009
	LSA State Track Meet – 800 m. Relay – 5 th	2009
	LSA State Track Meet – 1600 m. Relay – 2 nd	2009
	School Record: 4:29.72	
Austin Barnhart	IESA Regional Wrestling Tourney – 3 rd	2009
	IESA Sectional Qualifier	2009
Julie Buzzard	LSA State XC Meet -2 nd	2008
	LSA State Track Meet – 1600 m. Relay – 2 nd	2009
	School Record: 4:29.72	
	LSA State Track Meet – 800 m. – 6 th	2009
	LSA State Track Meet – 1600 m. run – 4 th	2009
	School Record: 5:40.70	
Courtney Flanagan	LSA State Track Meet – 800 m. Relay – 5 th	2009
Nick Grigsby	RL Stadium Track Record – JH High Jump 5'2	2009
	LSA State Track Meet – HJ 5'4 – 1 st	2009
Steph Jones	LSA State XC Meet – 10 th	2008
	RL Stadium Track Record – 400 m. Relay 0:57.2	2009
	LSA State Track Meet – 400 m. Relay – 5 th	2009
	LSA State Track Meet – 1600 m. Relay – 2 nd	2009
	School Record: 4:29.72	
Rachel Konieczki	LSA State Girls Basketball – All-Tourney Team	2008-09
Colin Osborne	IESA Regional Wrestling Tourney – 3 rd	2009
	IESA Sectional Wrestling Qualifier	2009
Bailey Peck	RL Stadium Track Record – 400 m. Relay 0:57.2	2009
	LSA State Track Meet – 1600 m. Relay – 2 nd	2009
	LSA State Track Meet – 400 m. Relay – 5 th	2009
	LSA State Track Meet – Long Jump – 5 th	2009
Samantha Rundblade	LSA State Girls Basketball – All-Tourney Team	2008-09
	RL Stadium Track Record – 400 m. Relay 0:57.2	2009
	LSA State Track Meet – 400 m. Relay – 5 th	2009
	LSA State Track Meet – 800 m. Relay – 5 th	2009
Marissa Smith	LSA State Track Meet – 800 m. Relay – 5 th	2009
Jaden Stigman	LSA State Track Meet – 6 th Place in 800 m.	2009

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Team Recognition

Sport	Recognition	Year
G. Cross Country	Big Northern Conference – 3 rd Place	2008
	IHSA 1A Regional Runner-up	2008
	IHSA 1A Sectional Champions	2008
	IHSA 1A State X-Country Meet – 3 rd Place	2008
	WTVO Team of the Week	2008
Boys Golf	Big Northern Conference Tourney Champions	2008
	Big Northern Conference Champions	2008
	IHSA 1A Regional Champions	2008
	IHSA 1A Sectional Champions	2008
	IHSA 1A State Tournament – 4 th Place	2008
Girls Golf	Big Northern Conference Tourney Champions	2008
	IHSA 1A Regional Champions	2008
	IHSA 1A Sectional Champions	2008
	IHSA 1A State Tournament – 5 th Place	2008
JH G. Cross Country	LSA State X-Country – Runner-ups	2008
Girl's Basketball	Big Northern Conference Champions - Varsity	2008-09
	IHSA Regional Champions – 3 rd Consecutive	2008-09
Boy's Basketball	IHSA Regional Champions – 3 rd Consecutive	2008-09
	IHSA "Sweet Sixteen" Appearance	2008-09
	4 th in School History	
	School Record – Team Def. Ave. – 44.8 pts./game	2008-09
Girl's Soccer	Big Northern Conference Champions – Varsity	2009
	Big Northern Conference Champions – Jr. Varsity	2009
	IHSA Harvard Regional Champions	2009
	IHSA Rockford Christian Sectional Champions	2009
	IHSA State G. Soccer Tournament – 3 rd	2009
Baseball	Big Northern Conference Champions – Varsity	2009
8 th Girls Basketball	Lutheran Sports Association State Tourney Qualifier	2008-09

Rockford Lutheran Jr-Sr High School Athletic Recognitions

Senior 3-Sport Athletes

Jordan Countryman	FB, BB, TR
Jacob Koehler	FB, BB, TR
Heather Baier	XC, GB, Soccer
Mary Buzzard	XC, GB, Soccer
Megan Hier	XC, GB, TR
Lauren McKee	TN, GB, Soccer
Dawn Martin	XC, GB, TR
Whitney Paris	VB, GB, Soft
Hillary Tamar	FB, GB, Soccer

Senior Athletes of the Year:

We are recognizing our senior athletes of the year. These individuals were voted on by our high school head coaches and had to participate in good standing on at least two school-sponsored athletic teams. These award winners not only are evaluated by their previous accolades received, but most importantly by their ability to represent our school with their positive leadership, quality citizenship, extreme commitment to the school and athletic programs, and strong work ethic toward making our athletic programs better here at Rockford Lutheran High School. The two individuals we are honoring are the epitome of fine Christian people who have influenced their coaches, teammates, and classmates.

"...Follow my example, as I follow the example of Christ." 1Corinthians 11:1

Dawn Martin – X-Country, Basketball, & Track

2 x 3-sport letter winner

Competitor on our 3rd Place IHSA State X-Country Team

2 x All-Conf. Girls Basketball player

Member of the back-to-back IHSA Regional Titles in Girls Basketball and helped lead the girl's basketball team to a "Sweet Sixteen" appearance in 2007-08 which was the first in school history.

Member of the State Sectional Championship 4 x 800 m. relay team that qualified for the State 1A Track Meet that is being held today and Saturday in

Charleston, IL

Signed an athletic scholarship to play women's basketball at Concordia University – Nebraska

Jacob Koehler – Football, Basketball, & Track

Team Captain and was recognized as an All-Conference Football player this past fall

Led the team in passing yardage the last 2 years & was recognized as the Football team's Offensive MVP for the past 2 years and was also honored with the prestigious Crusader Award in football this past fall.

Illinois Football Coaches Association All-State Academic Team – 4A

Earned the highest honor in our boys basketball program as he was recognized as the Crusader Spirit Award recipient

Committed to play football for Concordia University - Chicago