



# Bemidji State University

## Athletic Media Relations

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**CONTACT:** Brad Folkestad, Director of Athletic Media Relations (218-755-4603 / bfolkestad@bemidjistate.edu)

Football

### **Bemidji State adds 38 to football roster for 2009 season Beavers' incoming class stands as the most geographically diverse on record**

**BEMIDJI, Minn.** - Bemidji State University head football coach **Jeff Tesch** today announced the addition of 38 student-athletes to the BSU roster for the 2009 season. Of the 38 commitments, 15 signed National Letters of Intent, three are transfers and 20 have inked letters of admission to attend Bemidji State.

The class is comprised of 35 high school seniors who will join the program as true freshmen next year along with three junior college transfers that are already on campus enrolled in classes this spring.

The 15 NLI signees include eight offensive players - two offensive linemen, one tight end, a quarterback, two running backs and one wide receiver, and seven defensive players - two defensive backs, three defensive linemen and three linebackers.

The remaining 20 players who will be joining the BSU program after signing letters of admission are spread evenly across both sides of the line of scrimmage, with 12 offensive players and 8 defensive players. The letter of admission players include three defensive backs, two defensive linemen, three linebackers, three offensive linemen, a quarterback, one running back, a fullback, a tight end and five wide receivers.

The 2009 class was drawn from 10 states, with 22 hailing from Minnesota. In addition, committed players hail from Alaska (2), Arizona (1), California (1), Georgia (1), Illinois (5), Iowa (1), Texas (2), Washington (1), and Wisconsin (3). The 2009 BSU roster will feature players from 18 states stretching from coast to coast.

The Beavers completed the 2008 season 5-6 overall with a 4-6 mark in NSIC play. The BSU lineup matured each week down the stretch and showed signs of exciting times to come. The Beavers finished the season winning three of their last four contests and posted a 4-1 mark at the Chet--the school's seventh consecutive season with a winning record on its own turf.

Bemidji State will kick off the 2009 season Aug. 27 versus Minot (N.D.) State University in the 12th annual 'Beaver Bash.' The non-conference game is set for a 7:00 p.m. start under the lights of Chet Anderson Stadium.

#### **National Letter of Intent Signees (15)**

<b>Name</b>	<b>Pos</b>	<b>Ht</b>	<b>Wt</b>	<b>Exp</b>	<b>Elig</b>	<b>Hometown (last school)</b>
Tyler Abrahamson	OL	6-6	260	Fr-HS	5-4	New Brighton, Minn. (Irondale HS)
Chris Bellinger	DB	5-10	175	Fr-HS	5-4	Canton, Ga. (Sequoyah HS)
Jason Bromm	LB	6-2	215	Fr-HS	5-4	South Barrington, Ill. (Barrington HS)
Averey Duncan	RB	6-2	170	Fr-HS	5-4	St. Paul, Minn. (St. Bernard's School)
Jordan Johnson	DB	5-11	173	Fr-HS	5-4	Mora, Minn. (Mora HS)
Anthony LaVoy	DE	6-4	240	Fr-HS	5-4	Mahnomen, Minn. (Mahnomen HS)
Christian Metz	WR	6-0	175	Fr-HS	5-4	Cambridge, Minn. (Cambridge-Isanti HS)
Larry Miller	QB	6-1	180	Fr-HS	5-4	Dallas, Texas (Duncanville HS)
Jordan Oien	OL	6-4	295	Fr-HS	5-4	Clearbrook, Minn. (Clearbrook-Gonvick HS)
Tim Orr	TE	6-4	230	Fr-HS	5-4	Wasilla, Alaska (Wasilla HS)
Jake Safstrom	DT	6-3	245	Fr-HS	5-4	Grafton, Wis. (Grafton HS)
Matthew Shaver	DT	6-2	265	Fr-HS	5-4	St. Cloud, Minn. (Apollo HS)
Collin Stoffel	LB	5-11	209	Fr-HS	5-4	Surprise, Ariz. (Willow Canyon HS)
Alvandrick Womack	RB	5-9	198	Fr-HS	5-4	Rosharon, Texas (Manvel HS)
Buckley Wright	LB	6-1	215	Fr-HS	5-4	Sioux City, Iowa (Bishop Heelan Catholic HS)

#### **Transfer Commitments (3)**

<b>Name</b>	<b>Pos</b>	<b>Ht</b>	<b>Wt</b>	<b>Exp</b>	<b>Elig</b>	<b>Hometown (last school)</b>
Papapa Nicholas-Silvira	DT	6-3	300	Fr-TR	4-4	Kenai, Alaska (Oregon State)
Anthony Ragsdale	DB	5-10	200	Jr-TR	3-2	Bremerton, Wash. (Chabot (Calif.) College)
Arlen Roberts	OL	6-2	250	Jr-TR	3-2	Vallejo, Calif (Mendocino CC)

#### **BSU Offer of Admission Signees (20)**

<b>Name</b>	<b>Pos</b>	<b>Ht</b>	<b>Wt</b>	<b>Exp</b>	<b>Elig</b>	<b>Hometown (last school)</b>
Lucas Armstrong	OL	6-1	270	Fr-HS	5-4	Cambridge, Minn. (Cambridge-Isanti HS)
Matt Bengé	LB	6-0	180	Fr-HS	5-4	Lakeville, Minn. (Lakeville South HS)
Nick Bliss	LB	6-2	200	Fr-HS	5-4	Mora, Minn. (Mora HS)
Nolan Dokken	RB/D	5-9	170	Fr-HS	5-4	Cloquet, Minn. (Cloquet HS)
Allan Dostal	DB	5-11	195	Fr-HS	5-4	Badger, Minn. (Badger-Greenbush-Middle River HS)
Dillon Fogarty	LB	6-1	175	Fr-HS	5-4	Belle Plaine, Minn. (Belle Plaine HS)
Alex Hass	QB	6-1	185	Fr-HS	5-4	Milaca, Minn. (Milaca HS)
Matt Heath	DB	5-11	165	Fr-HS	5-4	Eau Claire, Wis. (Eau Claire North HS)
Bruce Koepp	OL	6-3	285	Fr-HS	5-4	Belle Plaine, Minn. (Belle Plaine HS)

**Brad Folkestad**, Director of Athletic Media Relations • bfolkestad@bemidjistate.edu • 218-755-4603  
1500 Birchmont Drive NE #29 • Bemidji, MN 56601-2699 • www.bemidjistate.edu/athletics

Brent Kondziolka	FB	6-2	200	Fr-HS	5-4	Orland Park, Ill. (Carl Sandburg High School)
Colin McKenzie	DB	6-1	181	Fr-HS	5-4	McHenry, Ill. (Wauconda HS)
Bryce Nelson	OL	6-0	250	Fr-HS	5-4	Inver Grove Heights, Minn. (Simley HS)
Blayze Peterson	WR	5-11	185	Fr-HS	5-4	Owatonna, Minn. (Owatonna High School)
James Plain	WR	6-2	180	Fr-HS	5-4	Wyoming, Minn. (Forest Lake HS)
Matthew Sedlock	TE/LB	6-2	200	Fr-HS	5-4	Cambridge, Minn. (Cambridge-Isanti HS)
Brandon Sorenson	WR	5-10	170	Fr-HS	5-4	Argyle, Minn. (Stephen-Argyle Central HS)
Cody Stamper	DE	6-2	220	Fr-HS	5-4	Brooklyn Park, Minn. (Mora HS)
Mike Swedlund	WR/DB	5-11	172	Fr-HS	5-4	Hoffman Estates, Ill. (Hoffman Estates)
Myles Swenson	WR	6-2	185	Fr-HS	5-4	Milaca, Minn. (Milaca HS)
Gary Young Jr.	DE	6-2	230	Fr-HS	5-4	Crete, Ill. (Crete-Monee HS)

### National Letter of Intent Signees

#### • Tyler Abrahamson (OL, 6-6, 260; New Brighton, Minn. / Irondale HS)

A two-sport athlete at Irondale High School... Earned All-North Suburban Honorable Mention honors following his senior campaign... Helped IHS finish second in the conference with a 6-1 league record... Is also a three-time wrestling letter winner... Is currently in the midst of his senior season wrestling as the Knights' heavyweight.

#### • Chris Bellinger (DB, 5-10, 175; Canton, Ga. / Sequoyah HS)

Picked to the 2008 All-Region 7-AAAA Team... Chosen as a member the 2008 Cherokee Gridiron Club All-County Team... Honored with a Cherokee Tribune All-County Team selection last fall... Posted 102 tackles, four interceptions and a forced fumble as a senior... Led the Chief's to a 10-2 record in 2008... Voted Sequoyah High School's 2008 Most Valuable Defensive Back... Selected for the Iron-Will Award by the Cherokee County Gridiron Club in 2008... Was honored as the Cherokee County Gridiron Club Player of the Week on three occasions... Picked for the Sequoyah Coaches' Award in 2007... A four-time letterman in football and track and field... Also earned two varsity letters in basketball.

#### • Jason Bromm (LB, 6-2, 215; South Barrington, Ill. / Barrington HS)

A four-year letter winner at Barrington High School... Started at linebacker in each of his final two seasons... Captained the team in 2008... Led BHS in interceptions as a senior, which included a game-winning pick in the second game of the season... Was selected player of the week on two occasions also earned Illinois Player of the Week accolades... Was an all-conference pick and was named to the all-area team... Paced the team in sacks as a junior... Named the defensive player of the year of his sophomore team... Earned a spot on the varsity playoff roster... Captained a freshman squad that posted an unblemished record in 2005... Also earned two lacrosse letters as a prep... His father Tom Bromm played football at University of Iowa.

#### • Avery Duncan (RB, 6-2, 170; St. Paul, Minn. / St. Bernard's School)

Earned a spot on the 2008 Associated Press All-State Honorable Mention Team... One of 30 high school players in the state to be named to the 2008 Vikings All-State Football Team... Recognized by ESPN Rise as one of Minnesota's top players for 2008... Voted first-team all-conference... Was the Tri-Metro Conference rushing leader... Finished his senior season with 1,951 yards on 169 carries... Led the Bulldogs to an 8-3 overall record in 2008 en route to their first conference championship in 35 years... Was named KARE 11 Athlete of the Week... Twice earned Star Tribune Athlete of the Week honors... Listed in The Minnesota 100... Finished his senior season with 1,751 yards on 169 carries... Also a member of the St. Bernard's basketball team currently ranked 12th in the state with a 12-1 record.

#### • Jordan Johnson (DB, 5-11, 173; Mora, Minn. / Mora HS)

A captain of the Mora High School football team in 2008... Was selected to the all-section team and was an All-West Central Conference Honorable Mention pick following his senior season... Holds the MHS interception returns record taking one back 90 yards for a touchdown in 2007... Was a member of a Section 5AAA runner-up squad in 2006... Played for coach Randy Qual at Mora High, a former BSU football letter winner and 1996 team captain... Also active on the MHS track and field team... Earned all-conference accolades in the 200- and 400-meter dash as well as the 4x200-meter relay team... Voted MVP of the Mustangs' track team... Ran a leg of the school-record 4x200-meter relay.

#### • Anthony LaVoy (DE, 6-4, 240; Mahanomen, Minn. / Mahanomen HS)

Three-time All-Northern Plains selection... Two times voted All-Section 6A... Was among the Northern Plains' leaders in tackles, rushing, receiving and scoring as a senior... Was honored as the league's most valuable special teams player in 2008... Three-sport standout at Mahanomen High School... Is a two-time all-conference selection on the hardcourt... Is a 1,000-point scorer and is quickly approaching 1,000 rebounds... A two-time qualifier for the State Track and Field Meet... Earned all-state accolades... Placed fifth in the discus throw and sixth in the shot put... Owns the Mahanomen High School discus record... Has recorded throws of over 157-feet in the disc and has stretched the tape to nearly 50-feet in the shot put.

#### • Christian Metz (WR, 6-0, 175; Cambridge, Minn. / Cambridge-Isanti HS)

An 11-time letter winner at Cambridge-Isanti High School... A three-sport standout... Started on both offense and defense for the Bluejackets during sophomore, junior and senior seasons... Tabbed All-Mississippi 8 Conference on three occasions... Picked to the Section 7AAAAA team in 2007 and 2008... Recognized as a member of the all-state honorable mention team as a senior... Voted Mississippi 8 Most Valuable Defensive Back in 2007 and followed that with the league's most valuable receiver award in 2008... A three-year starter on the CIHS basketball team... Was a member of the Bluejackets' 2008 Minnesota State Tournament squad... Named most valuable track and field athlete at Cambridge-Isanti in 2007 and 2008... Is a Minnesota State Meet qualifier in the long jump... Placed fourth as a junior... Owns a career-best jump of 22-05.50... National Honor Society member... Four-time football academic all-conference pick... Earned academic all-conference honors three times in both basketball and track and field.

#### • Larry Miller (QB, 6-1, 180; Dallas, Texas / Duncanville HS)

Captained the Panthers in 2007 and 2008... Threw for more than 2,000 yards as a junior... Was a 7-on-7 passing league state finalist... Also captained the Duncanville High School track and field team as a junior and senior... Was a member of state finalist 4x100- and 4x200-meter relay teams... Comes from a strong football tradition, lists his mother's cousin as Heisman Trophy Winner and Houston Oiler great Earl Campbell... Joins fellow Texan Alvandrick Womack on BSU roster as the only players hailing from the Lone Star State.

#### • Jordan Oien (OL, 6-4, 295; Clearbrook, Minn. / Clearbrook-Gonvick HS)

Selected to the all-state team as a senior offensive lineman... Earned 2008 Old Spice Red Zone Player of the Year honors at Clearbrook-Gonvick High School... Selected to participate in the North Dakota Shrine Bowl... Is a two-time all-conference pick... A four-year starter... Was named University of North Dakota Football Camp's Most Valuable Lineman in 2007... Also a four-year track and field letter winner... Owns a CGHS record in the discus throw.

• **Tim Orr (TE, 6-4, 230; Wasilla, Alaska / Wasilla HS)**

A 2008 All-Railbelt Conference, all-state tight end at Wasilla High School... Started six of eight games as a senior... Caught 27 passes for 428 yards and two touchdowns... Started all eight games as a junior earning all-conference laurels as both a wide receiver and defensive back... Grabbed a career-high 158 receiving yards Aug. 28, 2007... Exhibited pass-catching skills on both sides of the ball grabbing 21 receptions for 428 yards on offense, while picking off 11 passes... Helped lead WHS to a 6-2 record and playoff berth in 2007... Will be the third Wasilla, Alaska native on the BSU roster in 2009 joining former teammate George Percak-Dennet and brother Zach Orr.

• **Jake Safstrom (DT, 6-3, 245; Grafton, Wis. / Grafton HS)**

Earned four letters as an anchor of the defensive line at Grafton High School... Was voted First-Team All-North Shore conference as a senior... Led the league in tackles for loss as a sophomore en route to garnering attention as an all-conference honorable mention pick... Participated in four sports at Grafton High School participating in rugby, track and field and wrestling in addition to his time on the gridiron... Is an honor roll honoree.

• **Matthew Shaver (DT, 6-2, 265; St. Cloud, Minn. / Apollo HS)**

Selected all-state honorable mention on offensive guard and defensive tackle by the Minnesota Associate Press to cap his senior season... All-Central Lakes Conference pick in 2007 and 2008... Owns a share of the state blocked kicks record... A three-sport standout at Apollo High School... Earned all-section honors in both football and wrestling... Placed fifth at the Minnesota State High School Wrestling Tournament as a heavyweight in 2008... Earned all-conference honors in 2007 and 2008... Posted an all-conference finish at the 2008 championships.

• **Collin Stoffel (LB, 5-11, 209; Surprise, Ariz. / Willow Canyon HS)**

A three-year letter winner at Willow Canyon High School... Named team captain in 2008... Totaled 238 tackles and six sacks during his final two prep seasons... Was the state's ninth-leading tackler last fall... Named all-state 5A honorable mention... Voted first-team all-region and 2008 regional defensive player of the year... Recipient of the 2008 5A Academic All-Region Award... Participated in the 2008 NIKE Combine... Honored as the November 2008 Red Robin Athlete of the Month... Is the recipient of the 2009 National Football Foundation and College Hall of Fame Scholarship Award... Selected to play in the 2009 Arizona Coaches' Association All-Star Football Game... Named as a 2007 recipient of the Arizona Republic Athlete Achiever Award... Selected top linebacker at the 2006 Arizona State University Football Camp... Member of the National Honor Society and National Society of High School Scholars... Published in Who's Who Among High School Students and Who's Who Among High School Student-Athletes... A multi-sport athlete, he was a member of a 2003 state champion baseball team... Participated on the WCHS track and field team for two seasons... Also has experience as an ice hockey goaltender for the Coyotes Travel AA hockey team in Arizona for three years... Is the only Arizona native on the BSU roster.

• **Alvandrick "Skip" Womack (RB, 5-9, 198; Rosharon, Texas / Manvel HS)**

Finished high school career with over 6,000 all-purpose yards... Started his senior season at quarterback... Threw for 500 yards before making the change to defense... Piled up 52 tackles and four interceptions... Racked up more than 2,500 return yards, which included three return touchdowns... A starter in the defensive secondary as a junior... Posted 47 tackles and two picks... Also found the end zone eight times, with four coming on special teams... Earned all-state honors as a sophomore at Kentwood High School... Rushed for 1,200 yards and posted over 1,000 receiving yards... Selected to the 2006 all-state team... Voted as the MHS Offensive MVP... Named all-district as a freshman after seeing time in 11-of-14 contests and hauling in 500 yards worth of passes... Joins fellow Texan Larry Miller as the only players hailing from the lone star state.

• **Buckley Wright (LB, 6-1, 215; Sioux City, Iowa / Bishop Heelan Catholic HS)**

Selected to the Des Moines Register All-State Elite team following his junior and senior seasons... Was a three-year starter at linebacker... Lost just five games during his final three seasons at Bishop Heelan Catholic High School... Helped Sioux City Heelan to a perfect 14-0, Iowa Class 3-A championship season in 2008... As a senior, captained a defensive unit that allowed opponents seven or fewer points on nine occasions... Paced the Crusaders in tackles, sacks and tackles for loss in his final two campaigns... Piled up 90 tackles and 11 sacks as a senior, which includes a school single-game record five sacks... Has been a consistent honor-roll student throughout his high school years... A four-sport athlete as a prep... Follows his brother Wray, former BSU football graduate assistant coach and current Beaver Pride Coordinator to Bemidji State... Will be the only player on the 2009 BSU roster to call Iowa his home state.

**Transfer Commitments**

• **Papapa Nicholas-Silvira (DT, 6-3, 300; Fr.-TR; Kenai, Alaska / Oregon State)**

Comes to Bemidji State sitting out of the 2007 season as a red shirt at Oregon State University... Earned all-state and all-Northern Lights Conference accolades in 2004, 2005 and 2006... Is a two-time all-state lineman of the year... Started on four Alaska state high school championship teams... Was also a state champion in the shot put and garnered all-region honors in 2005 and 2006... Was a high school teammate of current BSU running back Brandon Miles.

• **Anthony Ragsdale (DB, 5-10, 200; Bremerton, Wash. / Chabot (Calif.) College)**

Joins the Bemidji State secondary after a two-year junior college career at Chabot College... Led the Gladiators with four interceptions, which included an 82-yard interception returned for a touchdown... Was named pre-season all-conference... At Bremerton High School, was a two-way player starting at both running back and cornerback... Was selected for all-conference and second-team all-state accolades as a senior... An accomplished prep track athlete, placed third in the 400-meter dash at the Washington State High School Meet... Was also a high school basketball player at Bremerton High where he was teammates with Marvin Williams who went on to start at North Carolina and now with the Atlanta Hawks... Figures to be the only Washington native on the BSU roster in 2009 and the first since Eric Monson made the roster in 2002.

• **Arlen Roberts (OL, 6-2, 250; Vallejo, Calif / Mendocino CC)**

Was key to the Mendocino Community College 8-2 overall record and Bay Valley Conference title in 2007... Anchored an offensive line that paved the way for the Eagles' backs to gain over 1,700 yards and score 19 touchdowns in 2007... Was selected First-Team All-Bay Valley Conference as a sophomore... Joins former Mendocino Community College teammate Gary Miller on the BSU roster, continuing a long line of transfers from the California junior college.

**BSU Offer of Admission Signees**

• **Lucas Armstrong (OL, 6-1, 270; Cambridge, Minn. / Cambridge-Isanti HS)**

Earned varsity letters in football, weight lifting and ice hockey at Cambridge-Isanti High School... A four-year member of the Bluejackets' football team... Earned All-Mississippi 8 Conference honorable mention accolades as a senior... Was part of a 2005 section championship team and three consecutive academic conference championships (2006-08).

• **Matt Benge (LB, 6-0, 180; Lakeville, Minn. / Lakeville South HS)**

Was a member of a Lakeville South team that posted an overall record of 8-4 and clinched Section 8AAAAA and Region 1AAAAA championships en route to a Minnesota State Tournament berth in 2008.

• **Nick Bliss (LB, 6-2, 200; Mora, Minn. / Mora HS)**

A two-way starter for Mora High School as a senior... Captained the team in 2008 as a quarterback and linebacker... Named all-conference and earned accolades as the West Central Conference's Most Valuable Back... Selected All-Section 5AAA... Was an all-state honorable mention pick... Voted as the Mustangs' 2008 Most Valuable Offensive Player... He also earned varsity letters in baseball and weight lifting... Is a three-year starter on the diamond for MHS... Played for coach Randy Qual at Mora High, a former BSU football letter winner and captain of the 1996 team.

• **Nolan Dokken (RB/D, 5-9, 170; Cloquet, Minn. / Cloquet HS)**

Was a member of a Lumberjack squad that was Section 7AAAA runner-up and was 7-4 overall... Selected all-conference team as a senior... Two-time football letter winner... Captained the team in 2008... Averaged 11 yards per carry and totaled 600 yards rushing last fall... Ranked fourth on the team in total offense... Also was a force for the CHS defense... Ranked sixth in tackles... Recorded two interceptions and five pass break ups... Was named Cloquet High's Hammer Award winner twice... Also an all-state pick for the Lumberjack track and field team.

• **Allan Dostal (DB, 5-11, 195; Badger, Minn. / Badger HS)**

A three-year letter winner at linebacker... Led the Gators on a run to the 2008 Section 8A championship game... Picked to the All-Northern Plains Conference team in 2007 and 2008, while garnering honorable mention honors in 2006... Selected all-section as a senior... Also all-conference accolades in baseball and basketball at BHS... Was a member of the Gators' state tournament basketball team in 2007... Helped lead his high school baseball team to the section championship game in 2006 and 2007... Member of the National Honor Society and Badger High School Honor Roll... Earned a spot on the 2008 All-State Academic Football team in 2008... Has ties to the NSIC, his father, Frank, played football and baseball at University of Minnesota, Crookston.

• **Dillon Fogarty (LB, 6-1, 175; Belle Plaine, Minn. / Belle Plaine HS)**

Played on a Belle Plaine team that was Section 2AAA runner-up in 2008 and captured the section title in 2006... Was a two-time all-conference honorable mention pick... Voted as Belle Plaine's defensive MVP... Was part of a Tiger wrestling team that placed third at the 2007 Minnesota State High School Wrestling Meet.

• **Alex Hass (QB, 6-1, 185; Milaca, Minn. / Milaca HS)**

A captain of the Wolves' football team in 2008... Picked All-West Central Conference, All-Section 6AAA and all-area honorable mention as a senior... Was nominated for an academic all-state award... Earned all-conference honorable mention honors in 2007... Amassed 2,529 career passing yards with 30 touchdowns, adding 13 more and 452 yards on the ground... A three-sport athlete at Milaca High School, is also a two-time ice hockey letter winner and a two-time all-conference honorable mention pick on the baseball diamond.

• **Matt Heath (DB, 5-11, 165; Eau Claire, Wis. / Eau Claire North HS)**

A four-sport athlete at North High School... Was a three-year starter at cornerback... Posted over 100 career tackles and shared the team lead in 2008... Selected Second-Team All-Big Rivers Conference, All-Northwest Wisconsin Honorable mention and all-city to cap his collegiate football career last fall... Earned all-city accolades as a junior and was an all-conference honorable mention pick in 2006... Has been a constant on the North High School Honor Roll.

• **Bruce Koepp (OL, 6-3, 285; Belle Plaine, Minn. / Belle Plaine HS)**

A two-time All-Minnesota River Conference selection... Was runner-up in conference lineman of the year balloting last fall... Selected as the Tigers' Defensive Player of the Year in 2007 and 2008.

• **Brent Kondziolka (FB, 6-2, 200; Orand Park, Ill. / Carl Sandburg HS)**

Leading rusher for Carl Sandburg High School in 2008... Also started at linebacker... Selected 2008 team captain... Picked for All-South West Suburban Conference and all-area at the conclusion of his senior campaign... Helped the Eagles' to a Illinois High School Association playoff run last fall... Was the 2008 recipient of the CSHS Hitter/Skull Award... Voted Most Improved in 2007... Also active on the Eagles' basketball team.

• **Colin McKenzie (DB, 6-1, 181; McHenry, Ill. / Wauconda HS)**

A two-time all-NSC and all-area pick at defensive back... Made the move to running back for his senior season... Helped lead the team to a 7-2 record as a junior... Ranked third on the team in tackles... Also led the area in interceptions... Earned player of the week honors after a four-touchdown, 177-yard effort in early September 2008.

• **Bryce Nelson (OL, 6-0, 250; Inver Grove Heights, Minn. / Simley HS)**

Selected to the all-conference team in 2007 and 2008... Helped lead the Spartans to a 9-2 record and a share of the Classic Suburban crown with a league mark of 6-1 last fall.

• **Blayze Peterson (WR, 5-11, 185; Owatonna, Minn. / Owatonna HS)**

Three-year football letter winner at Owatonna High School... All-Big Nine Conference pick following the 2007 and 2008 campaigns... Helped the Huskies to a perfect 7-0 Big Nine record en route to a conference title last fall... Rushed for over 1,000 yards in 2007... Was among the league-leaders in rushing and receiving each of the past two seasons.

• **James Plain (WR, 6-2, 180; Wyoming, Minn. / Forest Lake HS)**

Named All-Suburban East Conference as a fullback... A two-sport athlete at Forest Lake High School, Plain also participates in track and field... Captains the Rangers' track and field team... Earned all-conference honorable mention honors on the track last spring.

• **Matthew Sedlock (TE/LB, 6-2, 200; Cambridge, Minn. / Cambridge-Isanti HS)**

Captained Cambridge-Isanti as a senior... Was second on the team with 67 tackles in 2008, also posted two interceptions and a pair of fumble recoveries... Selected to the All-Mississippi 8 Honorable Mention list last fall... Earned a spot on the 2008 All-Section 7AAAAA squad... Led the Bluejackets with 91 tackles and a sack as a junior... Honored as the Mississippi 8 Athlete of the Week Aug. 31, 2007... Was picked to the 2007 all-conference squad... Is a four-time academic all-conference honoree.

• **Brandon Sorenson (WR, 5-10, 170; Argyle, Minn. / Stephen-Argyle Central HS)**

Played on three consecutive Minnesota 9-Man State Championship teams and won 76 consecutive games at Stephen-Argyle Central High School... Earned a spot on the 9-Man All-State squad... Rushed for over 1,700 yards and racked up over 600 yards receiving as a senior...

Picked as the Top of the State Conference Running Back of the Year last fall... Held a starting spot on the Storm's offensive and defensive units... Owns the Stephen-Argyle record for longest rushing touchdown (94 yards).

• **Cody Stamper (DE, 6-2, 220; Brooklyn Park, Minn. / Mora HS)**

Helped lead the Mustangs to a 6-4 record and a trip to the second round of the playoffs in 2008... Named Mora High School's Most Valuable Lineman at the conclusion of his senior season... Is also a weight lifting letter winner... Played for former BSU football letter winner and 1996 team captain coach Randy Qual at Mora High.

• **Myles Swenson (WR, 6-2, 185; Milaca, Minn. / Milaca HS)**

Selected All-West Central Conference at wide receiver... Was named All-Section 6AAA and earned an all-state nomination... Hauled in 33 receptions in 2008 totaling 857 yards, while scoring seven touchdowns... Also key to the Wolves' special teams unit, he piled up 259 kick return and 109 punt return yards... Totaled 1,339 all-purpose yards as a senior... Grabbed 22 passes for 358 yards and five touchdowns in 2007.

• **Mike Swedlund (DB, 5-11, 172; Hoffman Estates, Ill. / Hoffman Estates HS)**

Recorded over 1,000 all-purpose yards as a senior at Hoffman Estates... Selected all-conference in 2007 and 2008 and earned all-area accolades in 2008... Captained the 2008 HEHS team... Finished his high school career with... Has also gained all-conference honors competing for this high school track and field team.

• **Gary Young Jr. (DE, 6-2, 230; Crete, Ill. / Crete-Monee HS)**

Named the Times 2008 Defensive Player of the Year... Earned a position on the 2008 Northwest Illinois All-Area Team... Was an all-state nominee out of the SICA South... Captained the team in 2008... 2008 6A Conference champions... Piled up 51 tackles with seven sacks and a fumble recovery... Named special mention by the Amateur Sports Network Chicagoland All-Area Team... Was a cornerstone of a defensive unit that held seven of its nine regular-season opponents to 13 points or less in 2008.

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